

welderly

WHEEL OF WELLNESS

A HOLISTIC FRAMEWORK FOR YOUR BEST LIFE

MY CURRENT LIFE

Score where you are TODAY

"Where am I today?"

HOW TO USE YOUR WHEEL

- 1

Read each life area defined below.
- 2

Score yourself honestly: 1 (very low) - 10 (thriving).
- 3

Write each score in the box below the wheel.
- 4

Shade each segment up to your score number.
- 5

Step back. This is your life today. Notice it.

LIFE AREAS

PURPOSE

Meaning, direction & contribution.

PHYSICAL HEALTH

Energy, fitness, sleep & nutrition.

MENTAL HEALTH

Mindset, emotions & stress.

SOCIAL

Relationships & community.

FINANCIAL

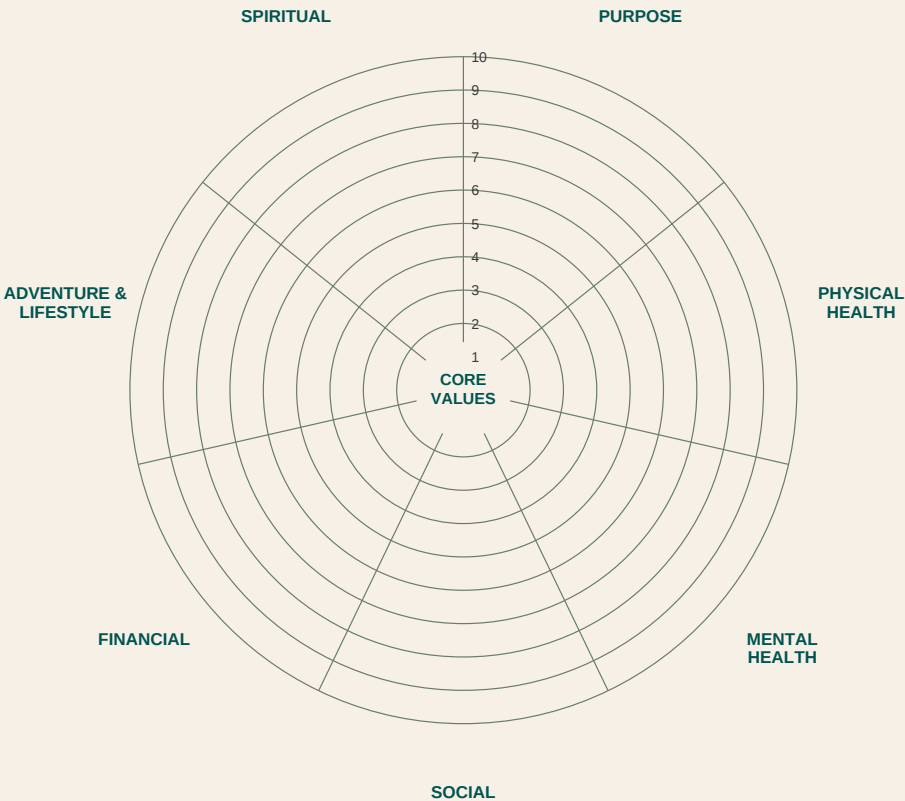
Security, freedom & money mindset.

ADVENTURE & LIFESTYLE

Growth, fun & lifestyle enjoyment.

SPIRITUAL

Values, inner peace & faith.



WRITE YOUR SCORE, THEN SHADE THE WHEEL ABOVE

PURPOSE

____/10

PHYSICAL HEALTH

____/10

MENTAL HEALTH

____/10

SOCIAL

____/10

FINANCIAL

____/10

ADVENTURE & LIFESTYLE

____/10

SPIRITUAL

____/10

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MY DESIRED LIFE

Design the life you truly want

"Where do I want to be?"

HOW TO USE YOUR WHEEL

- 1

Imagine your ideal score for each life area.
- 2

Write your desired score in each box below.
- 3

Shade each segment up to your desired score.
- 4

Compare Pages 1 & 2. The gap = your growth zone.
- 5

Choose ONE area to focus on first. Start there.

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FINANCIAL

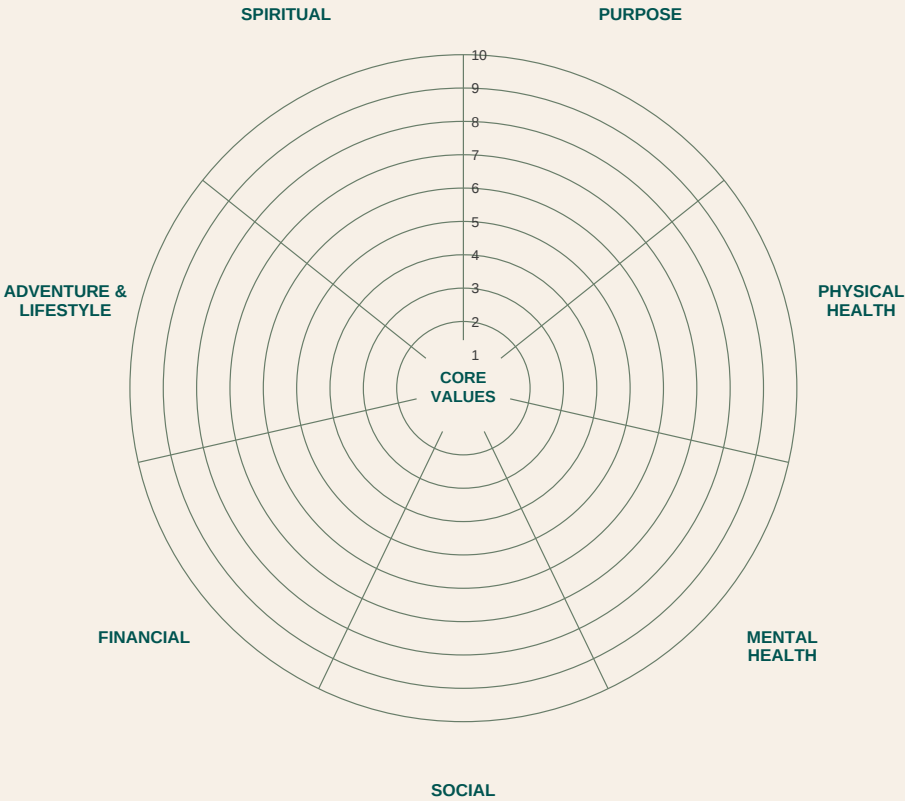
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WRITE YOUR DESIRED SCORE, THEN SHADE YOUR VISION

PURPOSE

____/10

PHYSICAL HEALTH

____/10

MENTAL HEALTH

____/10

SOCIAL

____/10

FINANCIAL

____/10

ADVENTURE & LIFESTYLE

____/10

SPIRITUAL

____/10