

The Wellness Wheel: Looking at the Whole You

Supports: Building Block 16 — Stress Management & Self-Care · Building Block 18 — Change Your Thoughts, Build Your Habits

Why It Matters

Healthy living is about far more than what is on your plate or how often you move. You are a whole person, and the different parts of your life lean on one another. When you are sleeping poorly or feeling isolated, eating well and staying active get harder. When your relationships and sense of purpose are strong, healthy habits tend to fall into place more easily. The Wellness Wheel is a simple way to step back and look at the whole picture, so you can notice which areas feel steady and which could use a little attention.

What to Know

The areas of your wellness

Think of your wellbeing as a wheel with several spokes. No one keeps every area perfectly balanced, and the mix shifts over different seasons of life. The aim is not a flawless score — it is honest awareness of where you are right now.

- Physical — how you nourish, move, and rest your body.
- Emotional — how you notice and work through your feelings.
- Social — the quality of your connections with family, friends, and community.
- Mental — staying curious, learning, and keeping your mind engaged.
- Spiritual — your sense of meaning, purpose, or connection to something larger.
- Occupational — how fulfilled and balanced you feel in your work or daily roles.
- Financial — feeling reasonably secure and in control of your resources.
- Environmental — having spaces around you that feel safe, calm, and supportive.

Why looking at the whole wheel helps

When one area is running low, it quietly pulls on the others. Poor sleep can shorten your patience; money worries can raise your stress; loneliness can send you looking for comfort in food. Seeing these connections takes the pressure off willpower. Instead of asking, ‘Why can’t I just eat better?’ you can ask a more useful question: ‘Which part of my life needs care so that eating better feels possible?’

Small and steady wins. You do not need to fix every spoke at once — that is a fast track to feeling overwhelmed. Pick one area, choose one small step, and let momentum build from there.

Try This

Take a few quiet minutes to rate each area of your wheel from one (needs real attention) to ten (feeling strong). Then use the prompts below to pick a starting point, and bring it to your next coaching session.

- ? Which area feels strongest for you right now, and what is helping it stay that way?
- ? Which one area, if it improved a little, would make the biggest difference to the rest of your life?
- ? What is one small, doable step you could take in that area this week?