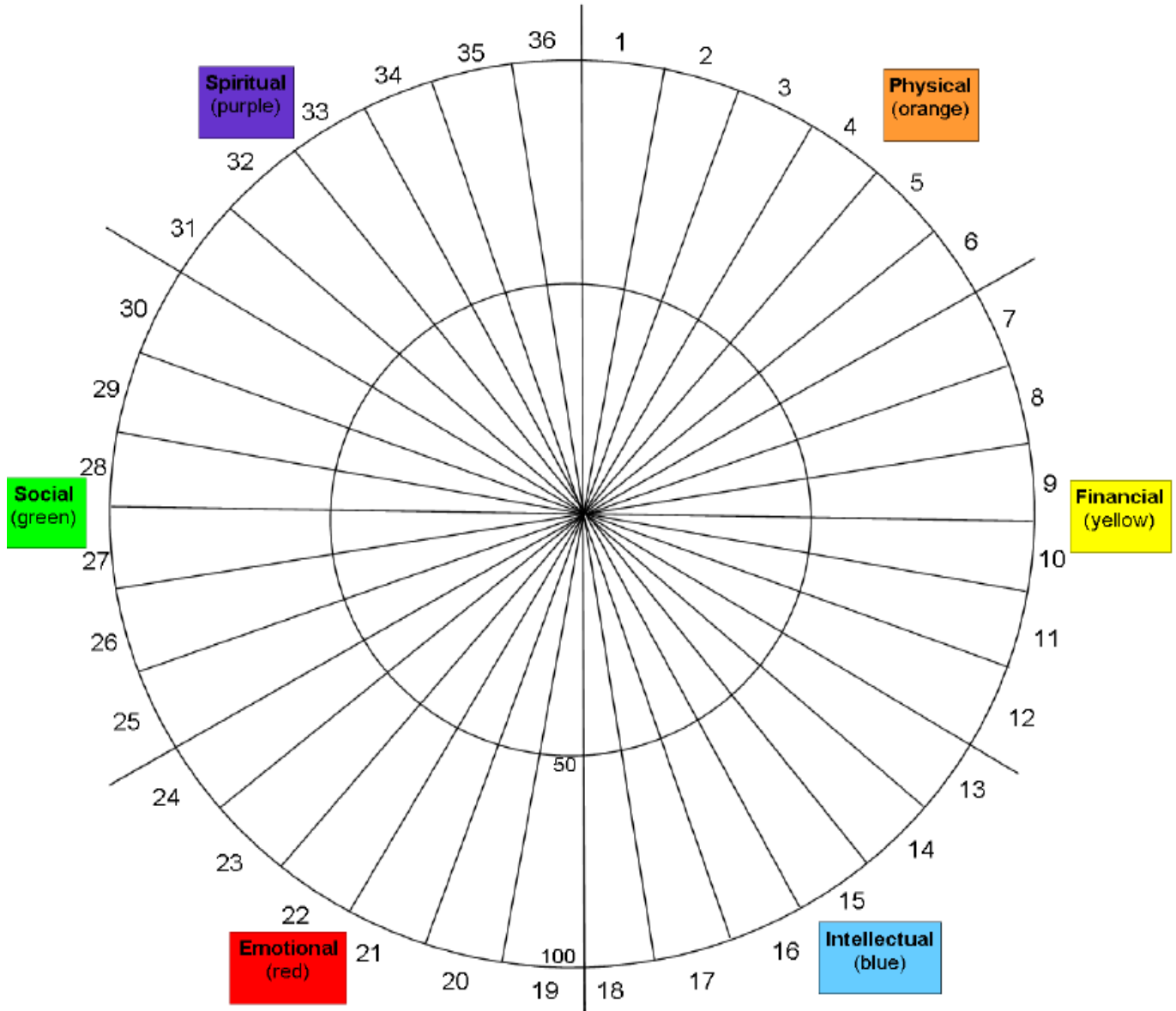




A Balanced life - The Wellness Wheel



<https://www.nwmissouri.edu/wellness/PDF/shift/BalancingYourWellness.pdf>



The Physical Section: ORANGE	The Finance/Occupation Section: YELLOW
<ol style="list-style-type: none"> 1. I eat a balanced nutritional diet. 2. I exercise at least 3 times per week. 3. I choose to abstain from sex or sex is enjoyable and I practice safe sex. 4. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs. 5. I am generally free from illness. 6. I am a reasonable weight for my height. 	<ol style="list-style-type: none"> 7. I have a solid balance between saving for the future and spending for the present. 8. My beliefs/values surrounding money are harmonious with my behavior. 9. What I am doing with work/school has purpose. 10. I use money positively, e.g., little or no gambling or excessive massing of goods. 11. I have a balance between work/school and the other areas of my life. 12. I have financial plans for the future.
The Intellectual Section: BLUE	The Emotional Section: RED
<ol style="list-style-type: none"> 13. I have specific intellectual goals, e.g., learning a new skill, a specific major. 14. I pursue mentally stimulating interests or hobbies. 15. I am generally satisfied with my education plan/vocation. 16. I have positive thoughts (a low degree of negativity and cynicism). 17. I would describe myself as a life long learner. 18. I commit time and energy to professional and self-development. 	<ol style="list-style-type: none"> 19. I have a sense of fun and laughter. 20. I am able to feel and label my feelings. 21. I express my feelings appropriately. 22. I have a sense of control in my life and I am able to adapt to change. 23. I am able to comfort or console myself when I am troubled. 24. Others would describe me as emotionally stable.
The Social Section: GREEN	The Spiritual Section: PURPLE
<ol style="list-style-type: none"> 25. I am able to resolve conflicts in all areas of my life. 26. I am aware of the feelings of others and can respond appropriately. 27. I have at least three people with whom I have a close trusting relationship. 28. I am aware of and able to set and respect my own and others boundaries. 29. I have satisfying social interaction with others. 30. I have a sense of belonging/not being isolated. 	<ol style="list-style-type: none"> 31. I practice meditation, pray or engage in some type of growth practice. 32. I have a general sense of serenity. 33. I have faith in a higher power. 34. I have a sense of meaning and purpose in my life. 35. I trust others and am able to forgive others and myself and let go. 36. Principles/ethics/morals provide guides for my life.

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