

DBSA Wellness Wheel

Our world is multifaceted, and so is our wellness. DBSA's Wellness Wheel is a tool that can help you see how you're doing in 7 areas of wellness.



PHYSICAL

Physical wellness involves taking steps to find healthy habits that can support overall wellness. Wellness in this area focuses on nutrition, exercise, and sleep.



OCCUPATIONAL

Occupational wellness involves finding work that is satisfying and aligns with personal values and goals. Wellness in this area is also about balancing work with personal life and leisure time.



FINANCIAL

Financial wellness involves learning how to manage expenses. Wellness in this area also means considering spending and saving habits.



ENVIRONMENTAL

Environmental wellness involves living in harmony with both natural and built spaces. Wellness in this area means enjoying your surroundings, modifying them to suit you, and caring for the earth.



SOCIAL

Social wellness involves creating and sustaining healthy, supportive relationships. Wellness in this area means considering how to connect with others and create community.



INTELLECTUAL

Intellectual wellness involves participating in activities that increase curiosity. Wellness in this area involves considering how having hobbies and interests can continue to stimulate our passions.



SPIRITUAL

Spiritual wellness involves finding connection with values, meaning and purpose. Wellness in this area includes practices that can create connection with community and our higher selves.



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Think of these prompts as thought-provoking questions to help you evaluate how well you're doing in specific areas of your life. Here's how to use them to fill in your Wellness Wheel.

Take a look at the blank wheel on Page 4. You'll see that each segment of the wheel is numbered to match one of the prompts to the right.

Read the first prompt, think about how well you are doing in that area, then color in that section with a colored marker, pencil or pen. Start at the center of the wheel and move to the outer edge.

Example: Prompt 1 asks how regularly you practice physical activity. If you feel you do this about 50% of the time, fill in 50% of that segment on your wheel.

Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.

[DBSAAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)



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Percentage of the time that I:



PHYSICAL

1. Regularly practice physical activity
2. Eat a diet that makes me feel my best
3. Maintain good sleep hygiene and get enough sleep each night
4. Have a self-soothing practice such as meditation or deep breathing



OCCUPATIONAL

5. Am satisfied with my work or schooling
6. Make time to learn new work skills
7. Have work or volunteer activities that are personally fulfilling and meaningful
8. Have a good balance between my work life and leisure time



FINANCIAL

9. Have a budget that I follow
10. Spend and save money, based on my long-term goals
11. Pay my bills on time
12. Plan for periods of time when my expenses may be higher



ENVIRONMENTAL

13. Live in an environment that supports my overall health
14. Have an organizational system that helps me manage my daily life
15. Spend time in nature
16. Work in a space that supports my productivity



SOCIAL

17. Have healthy relationships with people that I trust
18. Have a community of people who I find supportive
19. Have the support of people who understand my boundaries and wishes
20. Feel connected with the people around me



INTELLECTUAL

21. Make time to pursue my interests and hobbies
22. Stay curious about new opportunities and information
23. Have a creative outlet that helps me feel my best
24. Take part in cultural or community-based activities that I find meaningful



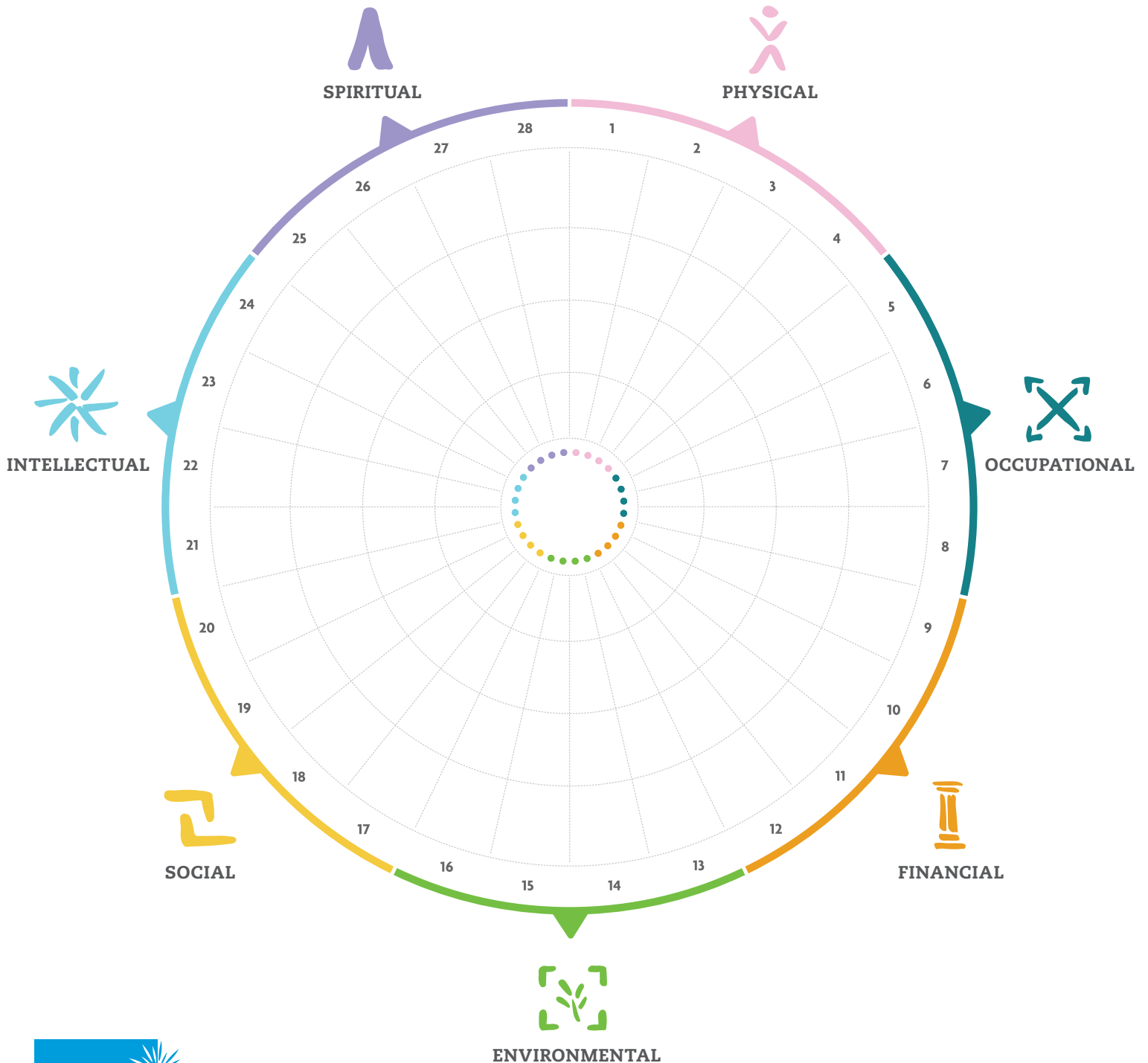
SPIRITUAL

25. Have values that guide my actions
26. Have a strong sense of meaning in my life
27. Take time for reflection and contemplation
28. Have found a spiritual practice that is helpful to my wellness

My Wellness Wheel



Date Completed:



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GOAL PLANNER



Congratulations! You've completed your wellness wheel. Now what?

Your completed wellness wheel will reveal areas you feel strong in and areas you may want to address in some way. A great way to help make sense of your wheel is to create goals. Use the goal planner worksheet on the last page to plan your next steps towards wellness with the DBSA Wellness Wheel.

Using this Planner

First, prioritize your wellness wheel areas. Refer to your completed wellness wheel and think about the areas that are most important to you right now. In the list below, rank the areas by order of importance to you, with 1 being most important and 7 being least important in your life right now. Using the priority order you just created, fill in the “wellness wheel areas” section of your goal planner worksheet, starting with your #1 priority area at the top.

Second, create goals that will help improve your wellness for each area. Think about what actions you can take to improve your wellness in each of your wellness wheel areas. Write up to 3 goals for each of the 7 areas of wellness on your goal planner that you would like to work on. Though this sheet provides up to three goals for each area of wellness, you don't need to work on every area at once. ***Remember, smaller, more manageable goals can have a big impact on your wellness journey.***


An example of a completed goal planner has been provided for your reference on the following page.





DBSA Wellness Wheel GOAL PLANNER


WELLNESS WHEEL
AREA


WELLNESS WHEEL
AREA GOALS


	1	1.
		2.
		3.


	2	1.
		2.
		3.

	3	1.
		2.
		3.

	4	1.
		2.
		3.

	5	1.
		2.
		3.

	6	1.
		2.
		3.

	7	1.
		2.
		3.



Based on what you recorded in your Wellness Wheel Goal Planner, use the bottom table to list **up to five goals** * you'll focus on this month. In the top chart, check off those days in which you took action on your goals. At the end of the month, record the total number of times you took action on each goal in the last column of the bottom table. * *The number of goals you decide to track is personal to you—remember that taking small steps can help make big goals more attainable.*

DAY OF MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
GOAL 1																															
GOAL 2																															
GOAL 3																															
GOAL 4																															
GOAL 5																															

WRITE THE WELLNESS WHEEL AREA THAT CORRESPONDS TO EACH GOAL.

LIST EACH GOAL, DESCRIBING WHAT YOU'LL DO.

HOW MANY TIMES THIS MONTH DO YOU PLAN TO DO THIS?

HOW MANY TIMES THIS MONTH DID YOU DO THIS?

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5