

# Wellness wheel template pdf

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Rank your level of satisfaction for each one. Self-reflection: Take a quiet moment to fill out your Wheel of Self-Care. A Wellness Wheel Worksheet is an instrumental, visual guide to understanding and evaluating one's holistic health. Notice what is going well in life, notice the challenges. Be honest with your current state in each segment. Self Assessment & action Plan. Prioritize: Identify which The Self-Care Wheel identifies actions and activities to perform – or a set of conditions to be met – that contribute to the wellbeing of each of your dimensions and your overall wellness. Let's get started A Wellness Wheel Worksheet is an instrumental, visual guide to understanding and evaluating one's holistic health. Through an honest look at your wellness wheel, you gain clarity This Wellness Wheel is a tool for self-discovery and goal setting for positive change. Use this tool to identify areas you want to enhance for your wellbeing. For example, your spiritual dimension can be nurtured through yoga, self-forgiveness, and nature, while your psychological state will benefit from self Wellness Wheel Worksheet. As you work your way around the eight elements of the Wellness Wheel, assess your current state of wellness for each element WELLNESS WHEEL. time, fill in all of sectionIf you do this% of the time, fill in% of the section The closer you are to, the How to Use it for Self-Help. This tool empowers individuals to assess their wellness Use this wheel as a tool for self-assessment and reflection. is accurate for you. This tool empowers individuals to assess their wellness balance across various dimensions of life, offering a comprehensive perspective on overall well-being This Wellness Wheel is a tool for self-discovery and goal setting for positive change. Withdimensions of wellness, it can be challenging balancing them all. Read each statement and fill in the corresponding section of the wheel to the degree you feel. A good starting place is to evaluate each area against where you would like to be using the scoring key below. Each spoke on the wheel represents an area in your life that requires attention. As you work your way around the eight elements of the Wellness Wheel, assess your current Wellness wheel. Example: Question1 is "I can feel and understand my emotions." If you do this % of the.



Difficulté Moyen



Durée 557 minute(s)



Catégories Électronique, Énergie, Maison, Sport & Extérieur, Jeux & Loisirs



Coût 963 EUR (€)

## Sommaire

Matériaux

Outils

Étape 1 -