

printable wellness wheel worksheet

Printable Wellness Wheel Worksheet: Your Guide to Holistic Wellbeing

Feeling overwhelmed and unsure of how to prioritize your well-being? You're not alone! Many of us struggle to balance the different aspects of a healthy life. That's why we've created this comprehensive guide, complete with a printable wellness wheel worksheet, to help you take control and build a more balanced, fulfilling life. This post will delve into the importance of holistic wellness, explain how a wellness wheel works, and provide you with a customizable worksheet you can download and use immediately to track your progress towards a healthier, happier you. Get ready to embark on your wellness journey!

Understanding the Holistic Approach to Wellness

Before we dive into the printable wellness wheel worksheet, let's clarify what holistic wellness actually means. It's not just about physical health; it's about recognizing the interconnectedness of your physical, mental, emotional, and spiritual well-being. Ignoring one area often impacts the others. For instance, neglecting your emotional health can lead to physical symptoms like headaches or stomach issues. Similarly, neglecting your spiritual side can lead to feelings of emptiness or lack of purpose.

The concept of holistic wellness emphasizes the importance of nurturing all these aspects to achieve optimal overall health. This isn't about perfection; it's about conscious effort and progress. The printable wellness wheel worksheet acts as your personal roadmap to guide you in this process.

The Power of the Wellness Wheel: A Visual Representation of Your

Wellbeing

The wellness wheel is a fantastic visual tool. It's a circular diagram divided into sections, each representing a key area of your well-being. Common sections include:

Physical Health: This includes diet, exercise, sleep, and overall physical fitness.

Emotional Health: This focuses on managing stress, expressing emotions healthily, and maintaining positive relationships.

Mental Health: This encompasses intellectual stimulation, learning, mindfulness, and stress management techniques.

Social Health: This relates to your connections with others, your support network, and your sense of belonging.

Spiritual Health: This is about finding purpose, meaning, and connection to something larger than yourself. This could be through religion, nature, creativity, or personal reflection.

Occupational Health: This refers to your work-life balance, job satisfaction, and sense of purpose in your career.

By using a printable wellness wheel worksheet, you can visually assess which areas are thriving and which ones need more attention. The circular design emphasizes the interconnectedness of these aspects; a weakness in one area can often affect the others.

How to Use Your Printable Wellness Wheel Worksheet

Now, let's get to the practical part. Download your printable wellness wheel worksheet (link to be provided below – consider using a PDF). Once you have it, follow these steps:

1. **Rate Each Area:** For each section of the wheel (physical, emotional, etc.), rate your current well-being on a scale of 1 to 10, with 1 being the lowest and 10 being the highest. Be honest with yourself; this is for your benefit.

1. **Identify Strengths and Weaknesses:** Review your ratings. Which areas are scoring high? Which ones need improvement? This will help you prioritize your efforts.

1. **Set Realistic Goals:** Don't try to overhaul everything at once. Focus on one or two areas for improvement. Set small, achievable goals that you can build upon. For example, if your "physical health" score is low, your goal might be to incorporate a 15-minute walk three times a week.

1. **Track Your Progress:** Regularly reassess your ratings (weekly or monthly) and note your progress on the printable wellness wheel worksheet. Seeing your improvements will motivate you to continue.

1. **Adjust Your Approach:** If a particular strategy isn't working, don't be afraid to adjust your approach. Wellness is a journey, not a destination.

Beyond the Worksheet: Sustaining Your Wellness Journey

The printable wellness wheel worksheet is a tool, but it's only part of the equation. Sustaining your wellness requires ongoing effort and self-awareness. Consider these additional tips:

Practice Self-Compassion: Be kind to yourself. Setbacks are inevitable. Learn from them and keep moving forward.

Seek Support: Don't hesitate to reach out to friends, family, or professionals for support when needed.

Prioritize Self-Care: Make time for activities that nourish your mind, body, and soul. This could be anything from reading a book to taking a relaxing bath.

Stay Consistent: Consistency is key to long-term wellness. Even small, consistent efforts will yield significant results over time.

Download Your Printable Wellness Wheel Worksheet Now!

[Insert link to downloadable PDF here]

This printable wellness wheel worksheet is your personalized guide to a more balanced and fulfilling life. Use it to track your progress, identify areas for improvement, and celebrate your successes along the way. Remember, your well-being is an investment worth making.

Conclusion

Taking control of your well-being is a journey of self-discovery and continuous improvement. By utilizing this printable wellness wheel worksheet, you're equipping yourself with a powerful tool to visualize, track, and enhance your holistic health. Remember to be patient, kind to yourself, and celebrate each step forward. Your healthier, happier self awaits!

FAQs

1. Can I customize the wellness wheel categories to fit my specific needs?

Absolutely! The categories provided are suggestions. Feel free to add or remove categories to reflect your personal priorities. For example, you might add "financial well-being" or "creative pursuits."

1. How often should I update my wellness wheel?

The frequency depends on your personal preference. Some people find it helpful to update it weekly, while others prefer monthly. The key is to make it a regular practice.

1. What if I'm struggling to improve in a certain area?

Don't be discouraged! If you're struggling, seek support. Talk to a friend, family member, therapist, or coach. There are many resources available to help you.

1. Is this worksheet suitable for children?

While the concepts are adaptable, the worksheet may need adjustments for children. Consider simplifying the language and categories, focusing on aspects they can understand and relate to.

1. Can I share this printable wellness wheel worksheet with others?

Yes, absolutely! Feel free to share this resource with friends, family, or colleagues who might find it

helpful. Promoting well-being is a collective effort!

printable wellness wheel worksheet: *Transforming the Pain* Karen W. Saakvitne, Laurie A.

Pearlman, 1996 This workbook provides tools for self-assessment, guidelines and activities for addressing vicarious traumatization, and exercises to use with groups of helpers.

printable wellness wheel worksheet: *Wellness Worksheets* Paul M. Insel, 2012

printable wellness wheel worksheet: *The Teen Relationship Workbook* Kerry Moles, 2001

This workbook is for therapists, counselors, and other professionals working with young people to prevent or end relationship abuse. Designed to teach teens to recognize the warning signs in relationship abuse and develop skills for healthy relationships.

printable wellness wheel worksheet: *The Thriving Adolescent* Louise L. Hayes, Joseph V.

Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

printable wellness wheel worksheet: *The Queer and Transgender Resilience Workbook*

Anneliese A. Singh, 2018-02-02 How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self. Resilience is a key ingredient for psychological health and wellness. It's what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming? In this important workbook, you'll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace

your truest self in an imperfect world.

printable wellness wheel worksheet: The Anxiety Solution Chloe Brotheridge, 2017-02-23
Find your fresh start by learning how to cope with anxiety and become a calmer, happier and more grounded person with this simple and accessible guide 'Remarkable, pioneering, could change your life' Daily Mail _____ This is a book for anyone experiencing anxiety, guiding you through simple ways to ease panic, dread and fear in the uncertainty of modern life. The Anxiety Solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist, and host of The Calmer You podcast, Chloe Brotheridge. Chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier, more confident life. Based on the latest scientific research and her unique programme which has already helped hundreds of clients, The Anxiety Solution will show you how to regain control of your life. 'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and worry were a permanent part of who I was . . . but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.' If you want to spend less time worrying, this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again. _____ Discover the impact The Anxiety Solution has had on readers: 'As an anxiety sufferer who has tried medication and counselling I never truly felt that anyone understood exactly what I was feeling . . . until I ordered this book! It has changed the way I look at life, and I wish I'd have found it sooner' 5***** Reader Review 'Inspiring, educational and informative. If you are somebody looking for solutions to your health, wellbeing and happiness, this book is for you. Could not recommend highly enough' 5***** Reader Review 'Putting into practice what is written in this book has made me one million times more positive in my thinking than I ever was' 5***** Reader Review 'Chloe offers realistic advice and methods that have helped me to co-exist with my anxiety in a way I never thought I could' 5***** Reader Review

printable wellness wheel worksheet: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

printable wellness wheel worksheet: The Big Book of Conflict Resolution Games: Quick, Effective Activities to Improve Communication, Trust and Collaboration Mary Scannell, 2010-05-28
Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific

problem areas—before they affect your organization's bottom line. Let *The Big Book of Conflict-Resolution Games* help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

printable wellness wheel worksheet: Fitness for Life Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year. Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition.

printable wellness wheel worksheet: Mindsight Daniel J. Siegel, MD, 2010-01-12 From a pioneer in the field of mental health comes a groundbreaking book on the healing power of mindsight, the potent skill that allows you to make positive changes in your brain—and in your life. Foreword by Daniel Goleman, author of *Emotional Intelligence* • Is there a memory that torments you, or an irrational fear you can't shake? • Do you sometimes become unreasonably angry or upset and find it hard to calm down? • Do you ever wonder why you can't stop behaving the way you do, no matter how hard you try? • Are you and your child (or parent, partner, or boss) locked in a seemingly inevitable pattern of conflict? What if you could escape traps like these and live a fuller, richer, happier life? This isn't mere speculation but the result of twenty-five years of careful hands-on clinical work by Daniel J. Siegel, M.D. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and architecture of their brain. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients. And now he has written the first book that will help all of us understand the potential we have to create our own lives. Showing us mindsight in action, Dr. Siegel describes • a sixteen-year-old boy with bipolar disorder who uses meditation and other techniques instead of drugs to calm the emotional storms that made him suicidal • a woman paralyzed by anxiety, who uses mindsight to discover, in an unconscious memory of a childhood accident, the source of her dread • a physician—the author himself—who pays attention to his intuition, which he experiences as a vague, uneasy feeling in my belly, a gnawing restlessness in my heart and my gut, and tracks down a patient who could have gone deaf because of an inaccurately written prescription for an ear infection • a twelve-year-old girl with OCD who learns a meditation that is like watching myself from outside myself and, using a form of internal dialogue, is able to stop the compulsive behaviors that have been tormenting her These and many other extraordinary stories illustrate how mindsight can help us master our emotions, heal our relationships, and reach our fullest potential.

printable wellness wheel worksheet: The 12 Week Year Brian P. Moran, Michael Lennington, 2013-05-15 The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, *The 12 Week Year* avoids the pitfalls and low productivity of annualized thinking. This book redefines your year to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. *The 12 Week Year* creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

printable wellness wheel worksheet: Living Clean: The Journey Continues Fellowship of Narcotics Anonymous,

printable wellness wheel worksheet: ACT with Love Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

printable wellness wheel worksheet: 168 Hours Laura Vanderkam, 2011-05-31 It's an unquestioned truth of modern life: we are starved for time. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or if we don't make excuses, we make sacrifices—taking time out from other things in order to fit it all in. There has to be a better way...and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. When plans go wrong and they run out of time, only their lesser priorities suffer. Vanderkam shows that with a little examination and prioritizing, you'll find it is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter.

printable wellness wheel worksheet: ACT Made Simple Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts

from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome “therapy roadblocks.” This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

printable wellness wheel worksheet: The Emotion Code Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson’s method gives you the tools to identify and release the trapped emotions in your life, eliminating your “emotional baggage,” and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

printable wellness wheel worksheet: Victim Advocate's Guide to Wellness Olga Phoenix, 2014-09-02 Victim advocates work with the trauma of others on a daily basis. Helping people who suffer can be difficult, traumatic, and draining. Thousands of victim advocates struggle with depression, obesity, immune disorders, addiction, and anxiety – frequently the results of vicarious trauma. Fortunately, vicarious trauma is preventable. This book is your personal guide to living healthy and content while thriving in a trauma-related field. Here, you will discover powerful, real life tools for addressing and transforming vicarious trauma and compassion fatigue. You will learn about effective techniques for self-soothing, renewal, and transformation. You will explore breathing modalities, guided meditations, affirmations, gratitude fostering, and leaving work at work rituals to open a way to compassion satisfaction, personal wellness, and empowerment. You will be provided tools to implement, empower, and sustain an organizational culture of vicarious trauma prevention. Finally, you will find out how to maintain life balance by nurturing physical, psychological, emotional, spiritual, personal, and professional aspects of yourself, in order to create a productive, full, and cherished life free of vicarious trauma.

printable wellness wheel worksheet: The Way I Act Steve Metzger, 2021-09-07 A child-friendly format for the classic book on how emotions and behaviors interact With wacky characters, varied type faces, and vivid colors, this picture book introduces the vocabulary of values with nonjudgmental language. A wide variety of character traits presents kids with scenarios they can identify with, including peering at bugs with a magnifying glass, making the bed, and finishing a puzzle. Additional examples define words such as curious, responsible, persistent, and capable. The scenarios let children imagine how they might act in a number of common situations. The Way I Act provides parents with guidance on how to talk to their children about the difference between feelings and actions and the choices that kids can make in their behavior.

printable wellness wheel worksheet: For the Strength of Youth The Church of Jesus Christ of Latter-day Saints, 1965 OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

printable wellness wheel worksheet: There's a Hole in My Sidewalk Portia Nelson, 2012-02-21 Designed to inspire self-discovery, There's a Hole in My Sidewalk contains more than 100 touching poems that gently guide readers to a more authentic and fulfilling life.

printable wellness wheel worksheet: Self-Awareness (HBR Emotional Intelligence Series) Harvard Business Review, Daniel Goleman, Robert Steven Kaplan, Susan David, Tasha Eurich, 2018-11-13 Self-awareness is the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach you how to understand your thoughts and emotions, how to persuade your colleagues to share what they really think of you, and why self-awareness will spark more productive and rewarding relationships with your employees and bosses. This volume includes the work of: Daniel Goleman Robert Steven Kaplan Susan David HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

printable wellness wheel worksheet: Energy Medicine Donna Eden, David Feinstein, 2008-08-21 In this updated and expanded edition of her alternative-health classic, Eden shows readers how they can understand their body's energy systems to promote healing.

printable wellness wheel worksheet: The Compound Effect Darren Hardy, 2012-10-02 No gimmicks. No Hyperbole. No Magic Bullet. The Compound Effect is based on the principle that decisions shape your destiny. Little, everyday decisions will either take you to the life you desire or to disaster by default. Darren Hardy, publisher of Success Magazine, presents The Compound Effect, a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond. This easy-to-use, step-by-step operating system allows you to multiply your success, chart your progress, and achieve any desire. If you're serious about living an extraordinary life, use the power of The Compound Effect to create the success you want.

printable wellness wheel worksheet: Plain Talk about Handling Stress Louis E. Kopolow, 1983

printable wellness wheel worksheet: Character Strengths and Virtues Christopher Peterson, Martin E. P. Seligman, 2004-04-08 Character has become a front-and-center topic in contemporary discourse, but this term does not have a fixed meaning. Character may be simply defined by what someone does not do, but a more active and thorough definition is necessary, one that addresses certain vital questions. Is character a singular characteristic of an individual, or is it composed of different aspects? Does character--however we define it--exist in degrees, or is it simply something one happens to have? How can character be developed? Can it be learned? Relatedly, can it be taught, and who might be the most effective teacher? What roles are played by family, schools, the media, religion, and the larger culture? This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths-authenticity, persistence, kindness, gratitude, hope, humor, and so on--each of which exists in degrees. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life.

printable wellness wheel worksheet: Coping Skills Faith G. Harper, 2019 A practical, science-informed, and gently humorous compilation of self-help tools to for emotional regulation and

overcoming difficulties--

printable wellness wheel worksheet: *Mind: A Journey to the Heart of Being Human* (Norton Series on Interpersonal Neurobiology) Daniel J. Siegel, 2016-10-18 A New York Times Bestseller. A scientist's exploration into the mysteries of the human mind. What is the mind? What is the experience of the self truly made of? How does the mind differ from the brain? Though the mind's contents—its emotions, thoughts, and memories—are often described, the essence of mind is rarely, if ever, defined. In this book, noted neuropsychiatrist and New York Times best-selling author Daniel J. Siegel, MD, uses his characteristic sensitivity and interdisciplinary background to offer a definition of the mind that illuminates the how, what, when, where, and even why of who we are, of what the mind is, and what the mind's self has the potential to become. MIND takes the reader on a deep personal and scientific journey into consciousness, subjective experience, and information processing, uncovering the mind's self-organizational properties that emerge from both the body and the relationships we have with one another, and with the world around us. While making a wide range of sciences accessible and exciting—from neurobiology to quantum physics, anthropology to psychology—this book offers an experience that addresses some of our most pressing personal and global questions about identity, connection, and the cultivation of well-being in our lives.

printable wellness wheel worksheet: The Medicine Wheel Teddy Anderson, 2014-09 Following a young boy who is listening to the stories of his mooshum (grandfather), Medicine Wheel: Stories of a Hoop Dancer encourages children to connect with the symbol and understand inclusion of all cultures by learning along with this young boy and his friends, who come from across the world to hear the story. Accompanied by vibrant illustrations, Medicine Wheel: Stories of a Hoop Dancer engages children and allows them to start relating to the world in new and exciting ways.

printable wellness wheel worksheet: The Ultimate Guide To Choosing a Medical Specialty Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

printable wellness wheel worksheet: Fitnessgram and Activitygram Test Administration Manual-Updated 4th Edition Cooper Institute (Dallas, Tex.), 2010 A fitness and activity schedule to enhance the effectiveness of school-based physical education programmes.

printable wellness wheel worksheet: The Racial Healing Handbook Anneliese A. Singh, 2019-08-01 A powerful and practical guide to help you navigate racism, challenge privilege, manage stress and trauma, and begin to heal. Healing from racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. This journey can be a bumpy ride, and before we begin healing, we need to gain an understanding of the role history plays in racial/ethnic myths and stereotypes. In so many ways, to heal from racism, you must re-educate yourself and unlearn the processes of racism. This book can help guide you. The Racial Healing Handbook offers practical tools to help you navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. You'll also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma. Most importantly, you'll discover the building blocks to creating a community of healing in a world still filled with racial microaggressions and discrimination. This book is not just about ending racial harm—it is about racial liberation. This journey is one that we must take together. It promises the possibility of moving through this pain and grief to experience the hope, resilience, and freedom that helps you not only self-actualize, but also makes the world a better place.

printable wellness wheel worksheet: The Blue Zones Dan Buettner, 2010 With the right lifestyle, experts say, chances are that you may live up to a decade longer. What's the prescription

for success? National Geographic Explorer Dan Buettner has traveled the globe to uncover the best strategies for longevity found in the Blue Zones: places in the world where higher percentages of people enjoy remarkably long, full lives. And in this dynamic book he discloses the recipe, blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life. Buettner's colossal research effort has taken him from Costa Rica to Italy to Japan and beyond. In the societies he visits, it's no coincidence that the way people interact with each other, shed stress, nourish their bodies, and view their world yields more good years of life. You'll meet a 94-year-old farmer and self-confessed ladies man in Costa Rica, an 102-year-old grandmother in Okinawa, a 102-year-old Sardinian who hikes at least six miles a day, and others. By observing their lifestyles, Buettner's teams have identified critical everyday choices that correspond with the cutting edge of longevity research and distilled them into a few simple but powerful habits that anyone can embrace

printable wellness wheel worksheet: *What Color Is Your Parachute?* 2016 Richard N. Bolles, 2015-08-11 The world's most popular job-search book is updated for 2016 to tailor its long-trusted guidance with up-to-the-minute information and advice for today's job-hunters and career-changers. In today's challenging job-market, the time-tested advice of *What Color Is Your Parachute?* is needed more than ever. Recent grads facing a tough economic landscape, workers laid off mid-career, and people searching for an inspiring work-life change all look to career guru Richard N. Bolles for support, encouragement, and advice on which job-hunt strategies work--and which don't. This revised and updated edition features an all-new list of online job-boards, plus a handy chart summarizing all the new research about resumes. Combining classic elements like the famed Flower Exercise with updated tips on social media and search tactics, Bolles demystifies the entire job-search process, from resumes to interviewing to networking, expertly guiding job-hunters toward their dream job.

printable wellness wheel worksheet: *48 Days to the Work You Love* Dan Miller, 2010 Practical instructions from leading vocational thinker Miller reveal how to approach work as more than just a paycheck, but as part of the calling God has placed on each life.

printable wellness wheel worksheet: *Transform Your Boundaries* Sarri Gilman, 2014-04-06 Do you have trouble saying no without guilt? Discover how to establish borders to shield your mind, body, and spirit. Have you struggled with the emotional drain of other people's demands? Do you feel confronted by those who aggressively test your limits? Is it difficult maintaining positive relationships with those who want more than you're willing to give? Licensed Marriage and Family Therapist and 2015 TEDx Talk speaker Sarri Gilman has helped many across the globe build and sustain internal barriers that improve their overall wellbeing. Now she's here to show you how to use your instincts to protect yourself, listen better to your inner voice, and follow through on actions that enhance self-care. *Transform Your Boundaries* is a straight-to-the-point manual referencing case studies and typical roles such as the "Workaholic" and the "Sacrificer" to identify and employ the necessary tools for mental resilience. Using Gilman's simple examples and step-by-step process, you'll develop the skills needed to safeguard your sanity against challengers. By following this self-affirming approach to achieving personal insight and an immovable stance, you will be empowered to live your best life. In *Transform Your Boundaries*, you'll discover: - A highly effective YES/NO compass for understanding your own border and building defenses - How to reduce the "noise" around you to reach a calm state - The seven boundary patterns that will help you tune in to your individual wisdom - Methods to decrease stress and anxiety to clear your path towards your true purpose - Easy exercises to follow, journal questions for reflection, and much, much more! *Transform Your Boundaries* is your guide to standing your ground against external pressures. If you like take-charge advice, solutions for gaining control, and momentous turning points, then you'll love Sarri Gilman's life-changing resource. Buy *Transform Your Boundaries* to draw your line in the sand today!

printable wellness wheel worksheet: *The Big Book of ACT Metaphors* Jill A. Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the

successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

printable wellness wheel worksheet: ACT Made Simple Russ Harris, 2021-10-04 ACT Made Simple is a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

printable wellness wheel worksheet: Flourish Financially Kathy Longo, 2018-09-17 Flourishing Through Financial Planning Money is about much more than dollars and cents. It's about our family, it's about our first experiences with money, it's about our life values, and it's about the conversations we do or do not have with the people who influence our saving, investing, sharing, and spending. Unfortunately, most wealth management firms rarely take the time to get to know their clients in a way that truly allows them to develop the perfect, individualized solution for each client. In addition, many financial planners overlook the psychological elements that drive financial decisions. In FLOURISH FINANCIALLY, author Kathy Longo takes a personalized approach to finance, helping you analyze the nine core areas where you typically spend your time--finances, family, health, leisure, learning, inner growth, home, community, and work--so you can understand your own money story to develop a strong financial plan and future. You'll learn about different financial planning tools and practices--most importantly, how to communicate about money matters with those you care about--to help you get to the heart of your values and priorities, establish meaningful financial and life goals, and create an effective and inspiring decision-making framework.

printable wellness wheel worksheet: Motivational Interviewing, Second Edition William R. Miller, Stephen Rollnick, 2002-04-12 This bestselling work has introduced hundreds of thousands of professionals and students to motivational interviewing (MI), a proven approach to helping people overcome ambivalence that gets in the way of change. William R. Miller and Stephen Rollnick explain current thinking on the process of behavior change, present the principles of MI, and provide detailed guidelines for putting it into practice. Case examples illustrate key points and demonstrate the benefits of MI in addictions treatment and other clinical contexts. The authors also discuss the process of learning MI. The volume's final section brings together an array of leading MI practitioners to present their work in diverse settings.

printable wellness wheel worksheet: The Zones of Regulation Leah M. Kuypers, 2011 ... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called zones, with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of

how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD.--Publisher's website.

Additional Resources

printable wellness wheel worksheet

[Printable Wellness Wheel Worksheet](#)

Printable Wellness Wheel Worksheet

Related Articles

- [puzzle time 12 answer key](#)
- [pogil plant hormones answer key](#)
- [power system analysis and design](#)

[Back to Home](#)