

Northwestern Wellness Wheel

PHYSICAL
Healthy eating, physical activity, quality sleep, disease prevention



EMOTIONAL
Mental wellness, feelings and expressions, self-esteem

ENVIRONMENTAL
Safe and supportive spaces, eco-friendly



SOCIAL
Connection, belonging, fun, downtime, support systems



10

9 8 7 6 5 4 3 2 1



SPIRITUAL
Seeking understanding and meaning, personal growth, values

INTELLECTUAL
Creativity, knowledge, skills, hobbies



VOCATIONAL
Academics, work/ internships, learning, building job-related skills

FINANCIAL
Budgeting, saving, managing money, goal setting



Where's your wellness?

The eight sections of the wheel represent your overall well-being. Rank your level of satisfaction with each dimension out of 10. 1 means you are struggling or feel unfulfilled in that dimension currently and 10 means you are thriving with that dimension and don't think it needs any improvement. Go with your gut on this one.

Color the number of spaces on the wheel that match your ranking, starting from the inside and working out. Once you're done, you'll have a holistic picture of what wellness areas you're feeling good about, and where you could use a little more support. Check out our **Wellness at Northwestern website** for how you can build up each area of wellness!



Reflecting on Your Wellness

What score did you give each area?

Physical _____

Emotional _____

Social _____

Financial _____

Environmental _____

Spiritual _____

Intellectual _____

Vocational _____

Which areas do you want to focus on improving right now? Why?



When you envision fulfillment in these areas, what do you picture?



What actions can you take in the next 3-6 months to improve these areas?



What types of activities and practices would help you feel more fulfilled?



Struggling with some of these? Reach out to Wellness Resources on campus to help out.

