

Welcome, BU journeyers. Prior to proceeding to Module 2, you're invited to undertake the Wellness Wheel exercise. The exercise will require a time investment of about 15 - 20 minutes.

The purpose of this exercise is to create a snapshot of the present "shape you're in" based on *your* perception of your current holistic* wellness. By quantifying and graphing your responses to 35 questions, the Wellness Wheel exercise provides you, literally, with a visible shape of your present holistic healthfulness.

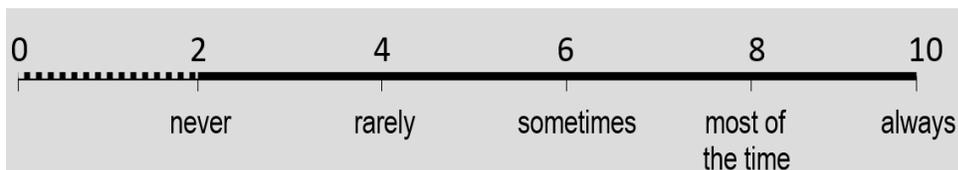
Your shape depicted through this exercise is neither "right" nor "wrong". It is what it is.

*Holistic is an adjective meaning *pertaining to the whole of something or someone and not just a part.*

COMPLETING THE WELLNESS WHEEL EXERCISE

There are three steps to the exercise:

STEP 1: Respond to each of the 35 wellness statements by selecting the most accurate rank on the scale below. For this exercise to be most effective, please do not overthink your response or change it once you've ranked it. Go with your "gut".



Notes:

Do not rank less than 'never'

Half rankings are acceptable, example: 7

Wellness questions:

Ranking

1. Emotional

- (a) I'm aware of the underlying thoughts, feelings, beliefs and life-long learning that generate my present behaviours. 1a _____
- (b) I freely, comfortably and appropriately express my emotions, whether I consider them positive or negative. 1b _____
- (c) I choose a positive attitude and don't allow my emotions to hijack me in response to challenging life circumstances or interactions with others. 1c _____
- (d) I easily adapt and am flexible in the face of change. 1d _____
- (e) I'm comfortable in my own skin and present my authentic self to others. 1e _____

2. Physical

- (a) I sleep solidly for 7 to 9 hours per night (or day). 2a _____
- (b) I exercise and maintain my weight in accordance with health guidelines appropriate to me. 2b _____
- (c) I eat and drink in accordance with health guidelines appropriate to me. 2c _____
- (d) I have medical check-ups appropriate to me. (physical, dental, vision, hearing etc.) 2d _____
- (e) I am satisfied with my sexual activity. 2e _____

3. Spiritual

- (a) I know my values and live my life in alignment with my values and beliefs. 3a _____
- (b) I know what my "gift" (talent/skill/strength) is and developing my gift brings meaning into my life. 3b _____
- (c) Assuming giving my "gift" to others is my purpose in life, I'm living my life purpose. 3c _____
- (d) I have a comforting sense of belonging and connectivity to the greater whole as I define it (examples: creation, a higher power, spiritual realm, world community, etc.) 3d _____
- (e) The universal, non-denominational Golden Rule, i.e. I'm to treat others as I'd like to be treated, is a rule of thumb that helps guide me in life. 3e _____

4. Occupational

- (a) I'm not defined by my work/career; it's what I do, not who I am. I'd still have a great sense of my identity and self-worth even if my work/career ended. 4a _____
- (b) My work/career consistently challenges me (provides me with opportunities) to grow. (learn, develop, expand my comfort zone). 4b _____
- (c) I enjoy my work/career because it's aligned with my values and the person I want to be. 4c _____
- (d) I feel that the work I do within my business/organization contributes to making a positive difference. 4d _____
- (e) My attitude and behaviour contribute to a positive, healthy workplace culture/environment. 4e _____

5. Social

- (a) I have awareness of how another person is feeling and can attune to it. 5a _____
- (b) I interact with others smoothly and comfortably at verbal and non-verbal levels. 5b _____
- (c) I'm aware of the image I project when interacting with others. 5c _____
- (d) I'm able to influence (not manipulate) others in interactions to achieve the most effective outcomes for both parties. 5d _____
- (e) I'm compassionate, caring about the needs of others, and I act accordingly. 5e _____

6. Environmental

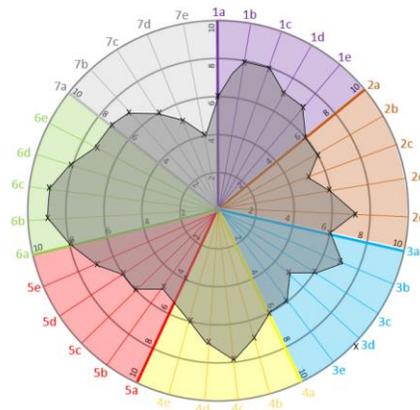
- (a) My living space is safe, comfortable and conducive to my wellbeing. 6a _____
- (b) I connect with the natural environment (treed places, water features, open space, trails, parkland, wilderness, etc.) 6b _____
- (c) My personal environment—my body and clothing—is hygienic. 6c _____
- (d) There is time and space to play in my daily life. Play can be alone or with others, individual or team sport, hobbies, gaming. 6d _____
- (e) I'm part of a community of some type (Examples: faith-based, sporting, gym, academic, meetup, recovery, music, art) 6e _____

7. Intellectual

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|--|----|-------|
| (a) I engage in continual mental stimulation/growth. | 7a | _____ |
| (b) I foster my curiosity, creativity, innovative thinking, new ideas. | 7b | _____ |
| (c) I can appropriately focus, concentrate and manage my time. | 7c | _____ |
| (d) I comfortably make decisions. | 7d | _____ |
| (e) I apply my knowledge and insights, i.e., I act wisely. | 7e | _____ |

STEP 2: Once you've responded to all 35 wellness statements, with a small "x" plot your numeric ranking for each statement on the appropriate "spoke" of the Wellness Wheel on Page 6. Each spoke has a label—for example 1a—corresponding to one of the 35 statements. When all 35 rankings have been plotted on the Wheel, join the plotted x's with a solid line. The solid line creates an irregular shape representing your perception of your current holistic wellness, i.e., the "shape you're in". To make your shape more visually pronounced, you can shade in the shape.

Here's a hypothetical example of a completed exercise:



STEP 3: Read the following information on holistic wellness and the Wellness Wheel. Complete the exercise by answering for yourself the three questions at the bottom of Page 5.

THE ASPECTS OF HOLISTIC WELLNESS

There are generally considered to be seven aspects of holistic wellness:

1. **Emotional Wellness** is the ability to understand, manage and express emotions appropriately and comfortably, and productively cope with life challenges.
2. **Physical Wellness** is the ability to maintain a healthy body that allows us to get through our daily activities without undue fatigue or physical stress.
3. **Spiritual Wellness** is the ability to live in alignment with our values and beliefs enabling us to live with meaning and purpose, and experience peace, harmony and a sense of being part of something greater than ourselves.
4. **Occupational Wellness** is the ability to achieve balance between work and leisure time, thrive in our job/career, and experience personal satisfaction and enrichment.
5. **Social Wellness** is the ability to have satisfying interpersonal relationships and interactions with others.
6. **Environmental Wellness** is the ability to live a lifestyle that is respectful of our surroundings, and to positively interact and live in harmony with nature and one's personal environment, be it our homes, our communities or our planet.
7. **Intellectual Wellness** is the ability to maintain optimal mental activity in order to process learning, solve problems and make decisions to most effectively manage daily life.

WHY A WHEEL?

The wheel, being a circle, is the chosen tool for this exercise as the circle is a universal symbol, representing, among other things, the notions of the Self, totality, wholeness, and original perfection. The 'spokes' on the wheel designate the aspects of holistic wellness.

As demonstrated by your rankings on the scale for each wellness statement, from a holistic perspective on your life it can be seen that you exist on multiple wellness continuums. For example, in the physical aspect you each exist somewhere on the continuum between totally physically unfit and totally fit. In the social aspect you exist somewhere on the continuum between socially inept and adept. In the intellectual aspect you exist somewhere on the continuum between high and low aptitude.

Now consider your Wellness Wheel shape.

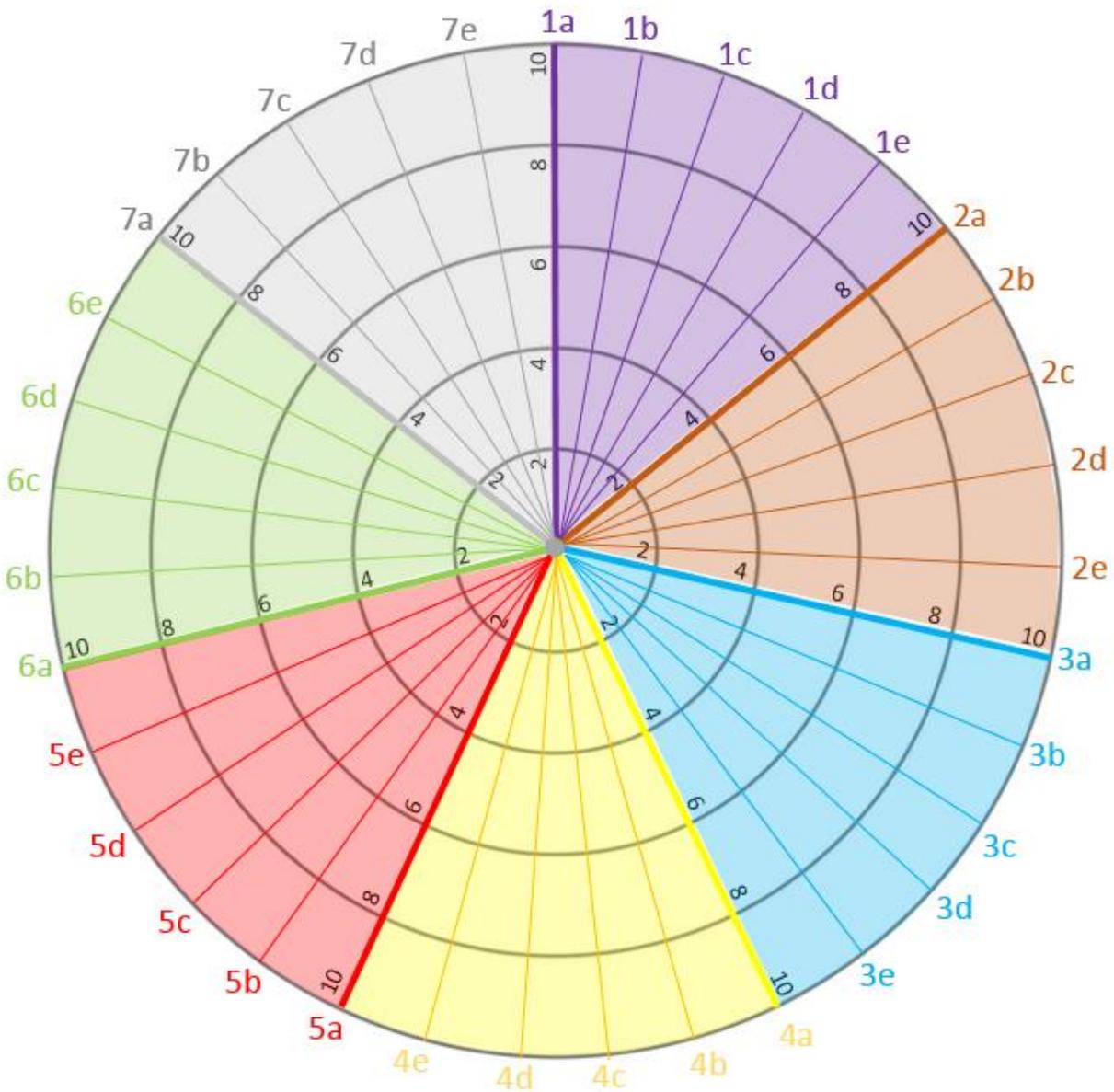
In an ideal world, you would rank yourself at a perfect 10 on the continuum for each question. Your resultant Wellness Wheel shape would be a perfect circle. You would be whole, fulfilled, and your life would always roll along smoothly. In your real world, your Wellness Wheel shape is something other than a perfect

circle, illustrating why it's not always smooth going and why the going can actually be rather bumpy at times, perhaps noticeably attributable to specific aspects of your life.

Your rankings on the continuums and your corresponding Wellness Wheel shape are not fixed. This exercise provides a present moment snapshot. With increasing self-awareness, you have the ability to reshape yourself to experience greater fulfillment, life balance, and smoother going.

Upon observing your Wellness Wheel shape, consider the following:

- (i) What is your first-glance impression of your shape?
- (ii) Any surprises?
- (iii) Is there a particular aspect you'd like to prioritize for shape shifting?



Now that you've created a visual of the holistic wellness shape you're in, it can be used as a reference when considering your starting place in Module 2 of the BU journey.