



Self-Assessment and Goal Setting

This 4-part activity is a way to gain clarity on the many dimensions of your wellness and plan for improving it. You'll first rate your satisfaction with each dimension on the Wellness Wheel. Then you can reflect on the story it tells. Next, select 2 areas you want to work on. Finally, create an actionable goal for each of those 2 areas and identify potential challenges and solutions. You might want to complete this alongside a buddy.

1. RATE

Print or draw the Wellness Wheel (p. 3). Draw a line across each wedge at the point that indicates your level of satisfaction for the different dimensions of wellness. The outside edge of your circle will be jagged. If you get stuck, here are some things to consider:

Relationships & Community

Are you satisfied with the quality and quantity of your relationships? How fulfilling is your relationship with your immediate family and/or your family of origin? Do you feel supported by your family in getting your needs respected and met? Do you have close friends? Have you created any new friendships in the last few years? Do you feel connected to a community of people?

Physical Health

Are you experiencing any health challenges? How often do you feel your best? How does the quality of your mental and emotional health show up in your life?

Are you engaging in activities that promote and ensure your wellness?

Career

How fulfilling is your career? Are you content? Is your job a good fit for you? Do you feel respected and supported at work?

Purpose

Do you feel a sense of purpose and meaning in your life? If spirituality is important to you, how do you feel about your level of connection?

Advocacy

Are you engaging in activities to support people of a different diversity group than your own?

Growth

Do you invest time, energy, and money in your own personal growth, including spiritual development?

Money

How much stress do you experience around money? How is your relationship with money?

Physical Environment

Do you feel safe and nurtured in your home, neighborhood, workplace and outdoors environment?

Emotional Health

Do you enjoy life? Are you able to adjust to life's challenges?

2. REFLECT

After you've completed the Wellness Wheel, reflect for a few minutes on the story it's telling you. You may want to journal about it. There is no need to judge or feel bad about the shape of your wheel, it likely will be bumpy. What insights are you having as a result of seeing your life as a whole?

3. SELECT TWO DIMENSIONS TO TAKE ACTION ON

Next, consider how you might bring your overall wellness more into balance. Select two areas you feel ready to take action on to improve your satisfaction.

4. SET SMART GOALS & PLAN FOR CHALLENGES

For the two dimensions you selected, create a SMART goal you are ready and able to take. Consider that it usually takes at least 21 days to integrate a new behavior into our lives so that it becomes more automatic. Make a plan to succeed. The more prepared you are for challenges, the greater your likelihood of success.

Ask yourself:

How confident am I in achieving this actionable goal?

What physical or mental challenges might I experience in reaching it?

What actions or mind shifts can I take to work around/through that challenge?

What can I do to improve my confidence in achieving this goal?

What resources or supports can I access to help me achieve my goal?

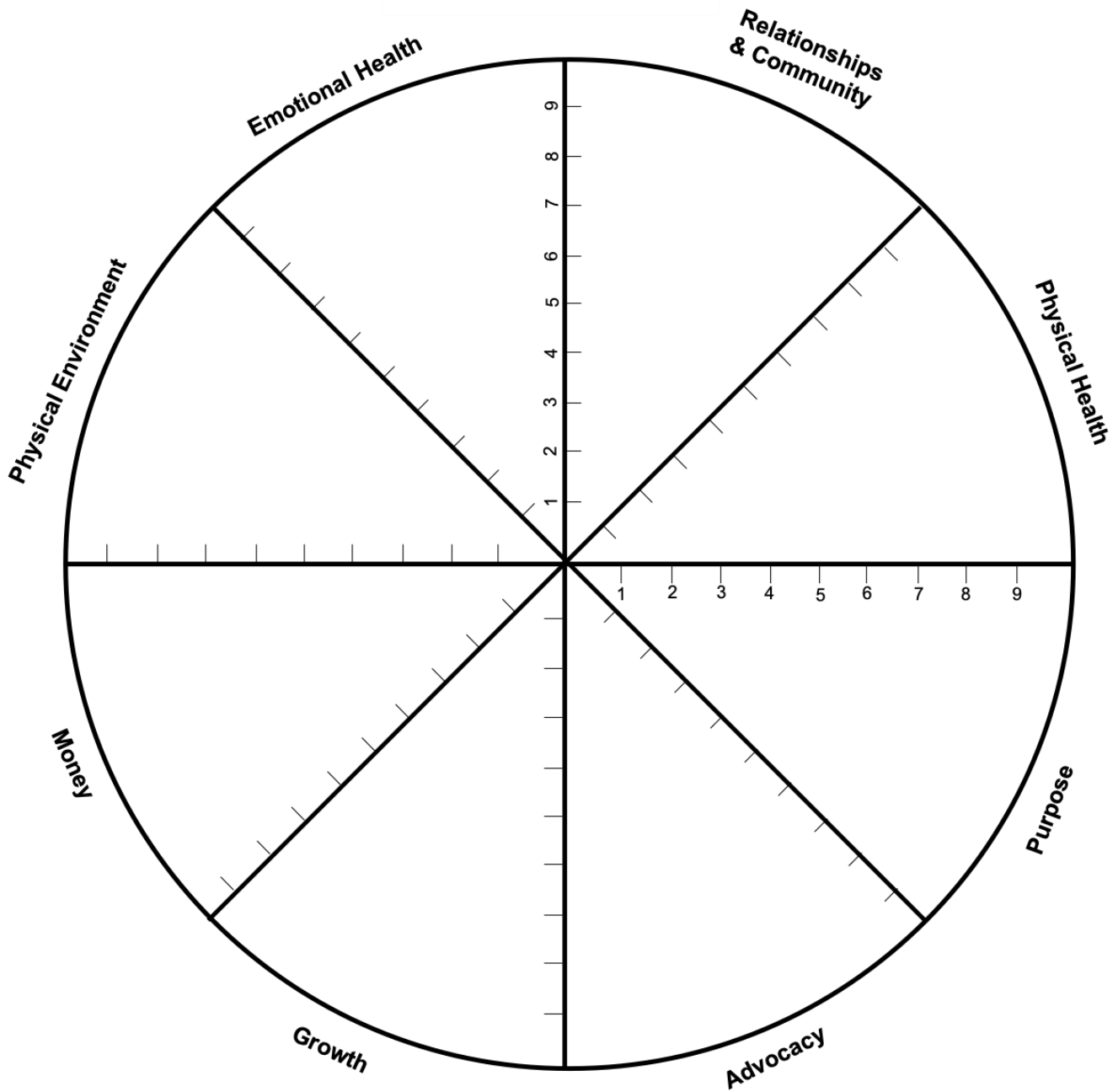
S = Specific M = Measurable A = Achievable R = Relevant T = Time-based		
SMART Goal	Potential Challenges	How might I work through challenges?

Examples

- When I arrive in front of my laptop for the next 3 weeks, I will take 10 deep breaths before I turn it on.
- I will send at least one email of appreciation to an SMU colleague and one to a friend/family member every Wednesday at 2pm. I will block my calendar.
- I will participate in 4 yoga sessions with PT student Colin--on 9/9, 9/30, 10/7, and 10/21. I will block my calendar from 12-1pm on those days.
- I'm going to eat 3 different fruits and 4 different veggies every Monday--to start my work week. 1 fruit at breakfast, 1 fruit am snack, 2 veggie at lunch, 1 fruit pm snack, 2 veggies at dinner.
- I will put \$50 of every paycheck into a savings account, every payday.

Wellness Wheel

Directions: For each area of your life, draw a curved line across each wedge to indicate your level of satisfaction. The closer you are to 10 the more satisfied you feel.



Example of Wellness Wheel

