Instructions

1. Take a few moments and reflect on your current life.
2. Review the life wheel on the front of this page and its six domains of life.
3. Ask yourself how am I doing in this domain?
4. Give yourself a ranking or score of well-being in each domain on a scale of 1 to 10—from low to thriving in a particular domain – by coloring or filling in the domain reflecting the score. Or journal in the lines about what is giving health in the domain or what is missing that would create greater well-being.
5. Consider where you wish to focus your efforts to improve your well-being. The domains are interrelated, with the health of one affecting the other.
6. You may find you need to set a goal in some areas. Write these goals for yourself on a provided postcard. Add your mailing address to the back.
7. Optional: If you wish to participate in drawings for the prizes on this table, add your cellphone number on the postcard. We will contact the winners at the end of Annual Conference. Phone numbers will not be kept for any other purpose.
8. Drop the postcard in the box. The postcard will be mailed to you so you can remember your goals after you get back home.

Descriptions of each domain

**Physical:** All areas of health that relate to physical aspects of the body including nutrition, exercise, weight management, sleep, ergonomics, tobacco use, managing chronic health conditions, injury/illness prevention, and more.

**Financial:** All aspects of well-being pertaining to finances including knowledge and skills of financial planning, managing expenses and debt, and one’s relationship with money.

**Social:** All aspects of well-being pertaining to a sense of connection, belonging, a well-developed support system, and personal expression including the creative arts.

**Mental/Emotional:** Encompasses the knowledge and skills to identify personal feelings and the ability to handle those emotions; the ability to successfully handle life’s stresses and adapt to change and difficult times; having a sense of positive self-regard.

**Spiritual:** All aspects of well-being pertaining to the search for purpose and meaning in life, including one’s morals and ethics. This may include the belief in a higher power, but does not have to be aligned with a religion.

**Vocational:** All aspects of well-being pertaining to personal satisfaction and enrichment in one’s job/career/calling.

Find resources related to each domain of well-being: