The Wholeness Wheel

What is the purpose?

The Wholeness Wheel is meant to be a reminder that being truly healthy is about maintaining all of the sections of the Wheel. It also is available to use as a reference to strengthen sections in your life that may need more attention than other sections of the Wheel.

Where to start?

Begin by assessing which areas you are most confident and comfortable with in your life. Gradually work on the areas that need strengthening to help you gain an overall healthier appreciation of life.

Intellectual

- Using your mind is critical in maintaining your mind.
- A goal could be to keep your mind active by reading, doing puzzles, or games
- Try experiencing new hobbies such as, music, art, or travel.
- Take on new duties at work.

Vocational

- It is important to gain a sense of purpose in what you do.
- Make good use of your education and training to strengthen your skills so you can feel you are making the world a better place.
- Always be seeking out a new opportunity to make a difference.

Spiritual

- Love God with all of your heart, soul, mind and strength.
- Nurture your relationship with God through daily prayer and devotion.
- Through Him, he will keep you from getting lost.
- Most important component, which is why this aspect encompasses the entire wheel.

Social/Interpersonal

- You are meant to help and love others with the aid of being loved by your friends and family.
- Regular social interaction is essential to your overall health.
- Try to find ways to interact with others. Examples may be volunteering in your community, gathering with friends for dinner, or sharing a hobby with a family member.

Emotional

- Keep in mind, it is important to take time during the day to be peaceful and centered with yourself.
- It is also important to share your feelings with others around you.

Physical

Key components:

- Good food choices
- Physical activity (exercising daily)
- Avoiding injury to your body

Financial

- Money cannot buy happiness

SPIRITUAL WELL-BEING

Social/ Interpersonal Well-being

Intellectual Well-being

Emotional Well-being

In baptism – a new creation in Christ

Vocational Well-being

Physical Well-being

Financial Well-being