



Southwest Border Battle Wellness Wheel

Directions:

1. Watch the video on how to fill out the wheel
2. Fill out your wheel on where you think you are with each area of wellness
3. Connect the sections to see how balanced your wellness is
4. Remember, 1 is low (needs work) and 10 is high (doing a great job)





Physical

Ability to maintain a healthy quality of life that allows us to get through daily tasks without undue fatigue or physical stress



Emotional

Ability to understand ourselves and cope with the challenges life can bring



Social

Ability to establish and maintain positive relationships with family, friends and co-workers



Intellectual

Ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment



Environmental

Ability to understand responsibility for the quality of air, water and land around us



Financial

Ability to live within your means and learn to manage your finances for the short and long term



Spiritual

Ability to establish peace and harmony in our lives