

Self-Healing Invitation: Holistic Health Wheel

Think about your long-term vision. Your vision isn't the same thing as your goals or intentions. It's the state of being you see yourself in long term.

Who do you want to be?

How do you want to feel?

What do you want to be doing five or even 10 years from now?

Close your eyes and picture your future self. What do you see? Take a few moments to describe your vision here:



Holistic Health Wheel

Where are you out of balance?



Follow the instructions on the next page, and keep in mind where your current self is at in all eight areas of the circle.

Where are you out of balance?

Instructions

1. Rate each area of health in the health wheel on a scale from 1-10, with 1 being least satisfied and 10 being the most satisfied. Don't overthink it. What number immediately comes to mind? You'll receive the answers from your intuitive mind faster than your thinking mind, so write down the first number that pops into your head. Simply place your number in each piece of the pie.
2. Connect your numbers around the pie chart like you're connecting the dots. Notice the shape. Is it perfectly round or is there a lot of zig zagging? The more zig zags, the more imbalance.
3. Now let's focus on the actual rating. Fill in the chart below with both your current ratings and the ratings of where you would like to be. Your rating can be the same for both columns. There are no right or wrong answers.
4. Answer the questions below the chart on the next page so you have a baseline.

Area of the Health Wheel	Where I am now	Where I want to be
Spirituality		
Sleep		
Career		
Nutrition		
Mood		
Finances		
Connection		
Movement		

Identifying your gaps will help you get clear on what specific actions will support your long-term vision for health and wellness. With this information, you can go deeper and assess the lifestyle choices that might be causing the gap.

Where are the three largest gaps between where I am and where I want to be?

Where are there the smallest gaps?

Three intentions for my health and wellness are:

- 1.
- 2.
- 3.

