

Laura Berk Child Development Chapter 1

Sep 29, 2025 · One tool I often share with coaching clients to help them move toward flourishing is the Wellness Wheel. It's a simple yet powerful framework for reflecting on different aspects of wellbeing ... Sep 24, 2024 · A wellness wheel is a simple tool that can help you see the bigger picture of your overall health by dividing it into several parts, or "dimensions": social, occupational, environmental, ... The Wellness Wheel describes the integration of 7 important dimensions of wellness: emotional, environmental, intellectual, occupational, physical, social and spiritual. The Wellness Wheel is a holistic tool to help you see which areas in your life are going well and which might need more attention. Identifying these areas can help you strengthen your sense of identity.

Connect the dots to see how "balanced" your wheel is. This can give you a starting place for where to focus your efforts to improve your wellness. Repeat every 6 months to measure progress. Nov 26, 2025 · The Self-Care Wheel identifies actions and activities to perform - or a set of conditions to be met - that contribute to the wellbeing of each of your dimensions and your overall wellness. With 8 dimensions of wellness, it can be challenging balancing them all. A good starting place is to evaluate each area against where you would like to be using the scoring key below. Let's get started. ... The Wellness Wheel is a strength-based model building on people's daily habits and routines while shaping new ones. The Wellness Wheel focuses on 8 important dimensions of wellness: emotional, ... When you envision fulfillment in

these areas, what do you picture? What actions can you take in the next 3-6 months to improve these areas? What types of activities and practices would help you feel more ... Jul 8, 2025 · It is an active process of making choices and commitment within the eight dimensions of wellness. The wellness wheel will help you better understand how the dimensions of wellness work ...

Northwestern Wellness Wheel

How to use a wellness wheel to boost your wellbeing

[Focus on Flourishing with the Wellness Wheel - Vibrant Soulful](#)

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The Self-Care Wheel: Wellness Worksheets, Activities & PDF

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Laura Berk Child Development Chapter 1

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