

PHYSICAL

Total Divided by 10

Maintains a balanced diet

Exercises regularly

Has positive body image

Healthy sleep routine

Has defined physical health goals

Manages stress and discomfort

Makes changes based on physical need

Upholds personal expectations of appearance

Seeks accountability in goals

Understands impact of physical health on total well-being

CAREER

Total Divided by 10

Thinks about career often

Has an updated résumé

Engages with a professional mentor

Sustains professional network

Consistently preparing for future career goals

Maintains a healthy reputation online and in-person

Has healthy relationship with previous employers

Stays up to date with industry and professional trends

Has sought out formal training or education in interest area

Mentors someone on similar career trajectory

FINANCIAL

Total Divided by 10

- Creates and adheres to budget
- Has understanding of personal credit
- Generates consistent income
- Has knowledge of insurance coverages and personal needs
- Contributes to savings/retirement
- Determines needs vs. wants prior to time financial decision is made
- Has long-term financial goals
- Has plan to pay off personal debt
- Seeks mentorship/further education in this area
- Has complete understanding of personal net worth

CONTRIBUTION

Total Divided by 10

- Has time consistently dedicated to community service
- Understands needs of local community
- Offers time, resources, or assistance when a need presents itself
- Seeks out opportunities to serve the local community
- Encourages others to engage in altruistic activities
- Sets aside time for independent study
- Budgets portion of income for charity
- Gives freely without expectation of return
- Constantly considers how your actions will affect others
- Finds serving others fulfilling and worthwhile

RELATIONSHIPS

Total Divided by 10

- Makes clear contributions to personal relationships
- Feels accepted and wanted in community
- Has mentorship in this area
- Maintains consistent contact with relationships of importance
- Invests time in meeting needs of community
- Readily forgives transgressions of those close to them
- Exhibits genuine empathy and compassion
- Provides affirmation when needed
- Is providing mentorship to someone consistently
- Has a sense of pride for personal community

CITIZENSHIP

Total Divided by 10

- Understands demographics of local community
- Is registered and votes consistently
- Engages in consistent and regular civic discussions
- Maintains tact and poise when discussing issues
- Is open to changing beliefs when presented new information
- Lives by personal values and communal ethics
- Is well read on local, state, and national political issues
- Consistently seeks further education on civics
- Encourages others to become better citizens
- Takes responsibility for actions in general

PURPOSE & SPIRITUALITY Total Divided by 10

Feels called to a purpose

Lives a virtuous life

Uses personal values as guide when making decisions

Consistently reflects, studies, or meditates

Is comfortable in both community and solitude

Believes in something larger than self

Demonstrates gratitude

Is in awe and reverence of the wonders of life

Actively seeks meaning through spiritual community

Seeks mentorship/growth in this area

INTELLECTUAL Total Divided by 10

Is a lifelong learner

Contemplates big ideas and abstract concepts

Approaches situations with creativity and imagination

Makes informed decisions

Can focus on important tasks when necessary

Takes calculated risks

Actively seeks inspiration and challenge to current perspectives

Adopts a growth mindset daily

Is open to new ideas and perspectives

Demonstrates grit and persistence in challenging situations

Wheel of Life

