Completing your wheel

-Fill in your wheel based on how satisfied you are with each sphere or category (physical, social, etc) A one being the least satisfied and a ten being the most satisfied. Mark a dot in the circle.

Physical – exercise, nutrition, health habits (smoking, drinking, etc)
Social – community, relationships, relate to those around us
Emotional – feelings, emotions, reactions, how view self
Spiritual – place and purpose, personal growth
Occupational – skills, finances, work-life balance
Intellectual – creativity, curiosity, critical thinking, engaged
Create Your Own – fun and recreation, energy, lifestyle, volunteering, family etc
Goal Setting

-As a result of doing this assessment, what are three things you can do to improve a sphere of health? Come up with a daily, weekly, and monthly goal.

-My first step will be___________________________________________________________

-I will share my plans and ask for support from _________________________________

-What am I doing in this area now that is already working? (transferable skills)

Resources:
~Health and Wellness website:
http://www.uky.edu/HR/wellness/
-BodyShop Fitness, Weight Loss Matters classes, Chair massage, Tobacco Cessation
-Wellness on Wheels, Health Smart talks, list of helpful Apps

~BeH.I.P coaching:
-Weight management, stress reduction, etc

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