

Directions:

1. Take some time to contemplate your current life.
2. Review the Life Wheel and its six dimensions of life.
3. Ask what level of well-being am I experiencing for each dimension?
4. Give yourself a ranking or score of well-being in each dimension from 1-10 (low to thriving). In the selected level, shade or journal about what is going well or what greater well-being would look like.
5. Consider where you wish to focus your efforts to grow in well-being. The dimensions are interconnected, with the health of one affecting the others.
6. You may be drawn to set goals in some dimensions. Journal these goals and consider roadblocks to navigate.

Descriptions of each dimension:

Physical: All areas of well-being that relate to physical aspects of the body including nutrition and water intake, physical activity, weight management, sleep, ergonomics, tobacco and alcohol use, managing chronic health conditions, injury/illness prevention, and more. How would you describe your physical health?

Financial: All aspects of well-being that pertain to finances including knowledge and skills of financial planning, managing expenses and debt, money as a tool, and awareness of one's relationship with money. What financial challenges are you experiencing?

Emotional: Encompasses the awareness and development of practices to identify and appropriately navigate personal feelings and emotions, the ability to successfully handle life's stressors and adapt to change and difficult times, and having a grounded sense of self. How have you been affected by the stresses of life and ministry?

Spiritual: All aspects of well-being pertaining to one's beliefs and search for meaning and purpose in life, including one's morals and ethics; one's encounters and connection with God, the deep knowing of one's belovedness, and the practices, activities and relationships that support and enhance one's spiritual connection with God, self, others, and the world. How is it with your soul?

Social: All aspects of well-being pertaining to a sense of connection and belonging, a well-developed support system, and personal expression including the creative arts. What relationships need "tending" in your constellation of relationships?

Vocational: All aspects of well-being pertaining to personal satisfaction and enrichment in one's job/career/calling. What do you need to grow in ministry and in your calling?