

Balancing Your Wellness Wheel

Instructions: Evaluate your own wellness by completing this activity. Each person is unique, so there is no right or wrong answer. Responses may also vary depending on age and stage of life.

Read each statement. Circle the number next to the statements that are true to you.

Upper/Lower Split (Progressive Overload), 1.5 run OR 3-mile wk (4-5/wk) — remote worker

Physical Wellness

1. I have an established exercise routine.
2. I am a non-smoker.
3. I am generally free from illness.
4. I get a sufficient amount of sleep.
5. I do not use alcohol or use in moderation.
6. I avoid street drugs.

2 yrs daily smoker (weed + nic)
1+ yr off nic completely
6 mo off weed (>5 times in last 4 mo)

maybe have diabetes? idk, try to stay away regardless, not easily sick, haven't been sick since COVID started (gassy a lot tho)

in bed: 10pm, read 10-10:30/11pm, asleep by 11:30/12, wake up: 6-7am (7hrs)
note: I do rely on caffeine (have 2 hr deep work block). have morning ritual for good start to day, drink within 30 mins (alt w. water), only one cup a day, coffee reset every month
have attempted: eating breakfast, waking up later, drinking green tea, working out — this is best for ritual (but not good for heart!)

estimate 1-2 times a month for past yr (used to drink hard alc every friday)

have done majority, last street drug was Jan 2020

Nutritional Wellness

7. I eat more than 3 servings of fruits and vegetables every day.
8. In a typical week I eat at home more often than I eat out.
9. The quality of food I choose is important to me.
10. I feel confident in my ability to choose healthy food.
11. In a typical day I drink more water than any other beverage.
12. I eat for health, food is my fuel.

platewise: 40% veg, 40% protein, 30% carb

50% (travel to bf's every other week, they eat out 50% of time)
however if at home, cook every single meal

if i have a choice, extremely important to me

not yet: previously struggle w. binge eating, still reliant on food as a source of pleasure, will stray from plan set for myself quite often (ex: will eat when not hungry, just bored)
practicing: buddhism (moderation)

Intellectual Wellness

13. I pursue mentally stimulating interests or hobbies.
14. I am generally satisfied with my education/vocation.
15. I have positive thoughts (low degree of negativity and cynicism).
16. I would describe myself as a lifelong learner.
17. I commit time and energy to professional and self-development.
18. I have specific intellectual goals (ex. Learning a new skill, etc.)

reading, digital gardening, T-shape skill set expansion
content consumption: morning brew, medium, no social media presence (but do find myself checking all social medias throughout the day if doing tasks)
problems: tiktok is quite addicting

very fortunate to enjoy the process of learning in my discipline everyday

previously struggled w: paralysis analysis, perfectionism, PMS anger/depression
now: still do have those feelings, but MUCH better at observing (rather than being) - Power of Now (used to meditate everyday, stopped practice to meditate every moment i can - cleaning, walking)

second brain (notion) —> digital garden (obsidian)
ex: major in mktg but t-shaped in design (graphic, motion, 3d design, ui/ux, now front-end)

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Occupational Wellness

have ~ 9.5k in savings HOWEVER i do not have any investments/streams of passive income practice minimalism in home, clothing (hate things that don't have a purpose) — however, i do spend more than i should on groceries (would rather eat healthy) and productivity systems/apps

- 19. I have a solid balance between saving for the future and spending for the present.
- 20. My beliefs/values surrounding money are harmonious with my behavior.
- 21. What I am doing with work/school has purpose. right now, yes (work for FRESH). in future? unsure
- 22. I use money positively (ex. No gambling or excessive massing of goods) minimalism, i try to go as long as possible w/o spending but then i'll spend like \$50 in one day soooooo
- 23. I have a balance of work and other aspects of my life. yes — deep work (and coffee) allows me to work voraciously in the morning (yet i still never get things done earlier than intended. may be deliberate prioritization/Parkinson's law or simply just procrastination) VERY good balance to the point of guilt when i'm not doing anything (akrasia)
- 24. I have financial plans for the future. 1 goal: get to 30k in savings this yr (but..... ya not working so far)
set monthly financial goals as well
have told myself to set up passive income/index funds for a WHILE now, but.....

Environmental Wellness

- 25. I am aware of my surroundings at all times. 100% — Be Here Now
- 26. I recycle and conserve energy. unsure - i get tired after i workout (midday slump), so i'll often lay in bed and read (if not working). would say that i have moderate energy after my deep work sessions
- 27. My home and work environments are comfortable and clutter free. minimalism + at night i don't want to work so i clean as mindfulness practice
- 28. I make a positive impact on my surroundings. i don't think i give anything to my surroundings, other than cleaning
- 29. I spend time outside in natural settings. 50%
- 30. I am aware of and take action to consume clean air and water. errrrr

Social Wellness

- 31. I am able to resolve conflicts in my life. nope - avoidance (although i am aware of the other practices)
- 32. I am aware of the feelings of others and can respond appropriately. i believe i'm aware of it (observe a lot, maybe to the point of overthinking a person's response). responding appropriately - nah
- 33. I have at least three people with whom I have a close trusting relationship. noooo
- 34. I am aware of and able to set and respect my own and others boundaries. yes 100%
- 35. I have satisfying social interactions with others. if it's just us going out drinking or surface level talking (which is 100% my fault as well) then it's usually draining.
if it's a conversation that's deep, yes — note: it's usually the other person that initiates the "deeper" conversation, so i really cannot complain about the quality of my social interactions.
- 36. I have a sense of belonging and don't feel isolated. yes — i have a secure sense of belonging and don't feel isolated. however, this is not to say that i am not isolating myself. i am attempting to work on this for the future version of me, in case i am making the wrong choices with my time

guidelines before starting conversation
 1. when ppl confide, it's a priv.
 2. set boundaries (timeslots)
 3. improve active listening

marshall rosenberg (comp. communication)

1. reply to two peopl

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when i'm more intellectually tuned (working, reading, learning), i feel more concentrated and serious. i'm often in that mood, soooooo....

Emotional Wellness

- 37. I have a sense of fun and laughter.
- 38. I am able to feel and label my emotions.
- 39. I express my feelings appropriately.
- 40. I am able to comfort or console myself when I am troubled.
- 41. I have a sense of control in my life and I am able to adapt to change.
- 42. Others would describe me as emotionally stable

yes, through recognition,
separation, reason (5 whys),
then i just stop thinking

yes

Spiritual Wellness

- 43. I meditate, pray, or engage in some type of growth practice.
- 44. I have a general sense of serenity.
- 45. I have faith in a higher power.
- 46. I have a sense of meaning and purpose in my life.
- 47. I trust others and am able to forgive others and myself and let go.
ehhh
- 48. Principles/ethics/morals provide guides for my life.

used to meditate daily ~6 mo
don't pray, but do listen to affirmations in the morning

yes

not a being, but just the universe (i thank it a lot)

External:
to my parents for their sacrifice

Internal:
To create works of value for humanity, to
inspire others to reach their fullest potential,
and at the end of it all, learn and master my
highest self.

i cannot say this is true since there are a lot of flaws in the way i interact with others



Balancing Your Wellness Wheel

Place a dot in each pie shaped section of the DSWI Wellness Wheel to reflect your satisfaction with that dimension of wellness in your life. Please think through this part of the activity on your own as it is an integral part of the activity.

1. If you are more satisfied with a specific dimension, place a dot closer to the outside of the wheel.
2. If you are less satisfied with a specific dimension, place a dot closer to the inside of the wheel.

