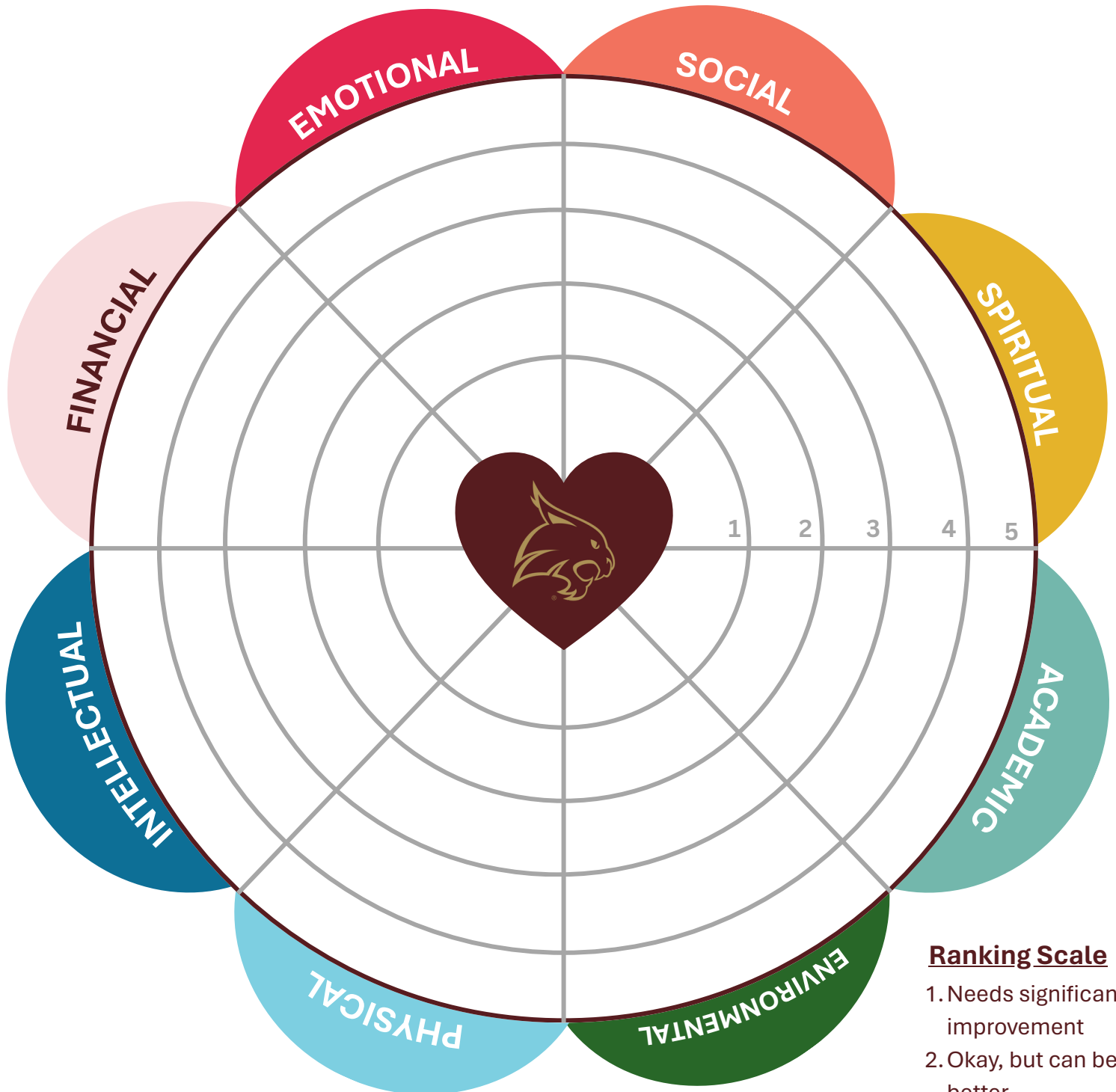


Bobcat Wellness Wheel

Self Assessment



Ranking Scale

1. Needs significant improvement
2. Okay, but can be better
3. Stable
4. Very good
5. Excellent



Bobcat Wellness Wheel

Self Assessment

After completing your Wellness Wheel, what dimensions did you find yourself needing the **most improvement** in?

What are some **habits** you can adopt in the **next month** to help improve your wellness in these areas?

What are some long term **lifestyle changes** you can make in the **next year** to help improve your wellness in these areas?



Bobcat Wellness Wheel

Dimensions of Wellness

Financial

Satisfaction and stability with current and future financial situation.

Emotional

Managing and understanding your feelings, attitudes, and values.

Social

Maintaining healthy relationships and community connections.

Spiritual

Finding a sense of purpose and meaning in your life (might include religion).

Academic

Cultivating success in degree coursework and finding fulfillment in your career path.

Environmental

Understanding the impacts of your immediate surroundings on your health, developing connections to the world around you.

Physical

Caring for your body through exercise, healthy eating, and regular medical checkups.

Intellectual

Motivation for expanding knowledge, lifelong learning, and curiosity.

