



## My Commit to be Well Wheel

PARTICIPANT'S/COACHEE'S NAME: \_\_\_\_\_

These areas below are core to sustaining our health and wellbeing. On a scale of 1 – 10 with 10 being the most positive and highly satisfied, how would rate your satisfaction today? Please rate your satisfaction with the following areas of your life.

- **SELF-RESPONSIBILITY & LOVE:** discovering your real needs, finding ways to meet them directly and listening to your own heart ---Realizing that you are unique and *the* expert about yourself, and treasuring your uniqueness and your inner wisdom. Realizing your connectedness with all things. Consistently getting adequate restful sleep as well!
- **BREATHING:** "Air is the first food of the newborn." -- Edward Rosenfeld ---Human beings can survive for many weeks without food, and for several days without water, but without air, life ceases in only a matter of minutes—also used as a stress-protective activity.
- **SENSING:** your senses are marvelous instruments that require vigilance to keep them in top condition---It is through the senses--seeing, touching, smelling, hearing, tasting--that we come to know and enjoy the world.
- **EATING/NUTRITION:** eating whole minimally -processed nutritious foods---Evidence shows that cultures around the world that consume whole, non-processed, unadulterated food are healthier.
- **MOVEMENT:** being active---Regular physical activity helps improve our overall health and fitness while reducing risks for many chronic diseases. Also used as a stress-protective activity.
- **FEELING:** being mindful about our feelings-- For any given event, we respond by both feeling and thinking. Yet most of us give priority to our thoughts about a subject and sometimes ignore the feelings.
- **THINKING:** we can alter our lives by altering the attitudes of our minds--Acknowledging the power of thinking in our well being is essential as well as having creative options for using thinking to improve your wellbeing.
- **PLAYING & WORKING:** "It takes one a long time to become young." -- Pablo Picasso---It is important to recapture the spirit of play that can bring balance into our lives when we feel burdened with work and responsibilities.
- **COMMUNICATING:** the clearer we are in our communications, the better the possibilities for meaningful encounters--Every time you speak to (or write to, or look at) someone you are revealing yourself. You can't avoid it. Your tone of voice, selection of words, facial expression, even the clothes you wear and the way you comb your hair, are all messages in themselves, messages about you.
- **INTIMACY/RELATIONSHIPS:** interacting respectfully with ourselves & others---Healthy socializing and relationships are essential to healthy living. As social beings, studies show that we live longer, are healthier and happier when we are with those that we love and share our lives with.
- **FINDING MEANING / SPIRITUALITY:** Who am I? Why am I here? Where am I going? What do I want? What is real? What is true? ---It is one of the most complex uses of energy as it involves almost all of the previous wellness dimensions. Acknowledging and honoring the role of spirituality (purpose and meaning) in our health -- what we do in life, as well as how and why we do it.
- **TRANSCENDING:** values and beliefs about ourselves & the world--- Experiencing our connection to something greater than ourselves. This knowledge and experience inspire both love and self-responsibility, which takes us full circle in the never-ending spiral of wellness.

SCORE	DIMENSION	SCORE	DIMENSION
	SELF-RESPONSIBILITY & LOVE		THINKING
	BREATHING		PLAYING & WORKING
	SENSING		COMMUNICATING
	EATING/NUTRITION		INTIMACY/RELATIONSHIPS
	MOVEMENT		FINDING MEANING / SPIRITUALITY
	FEELING		TRANSCENDING

**PRIORITIZE**  
List the Areas you ranked 4 or Less (lowest ranking area, list first)

**IMPROVE**  
List the Areas you ranked 5-7 (lowest ranking area, list first)

**MAINTAIN**  
List the Areas you ranked 8-10 (lowest ranking area, list first)

When thinking about each dimension scales the questions below might be helpful:

### SELF-RESPONSIBILITY & LOVE COMMENTS

1. I recognize that I am responsible for my health and wellbeing.
2. I am an active participant in any health care I receive.
3. I get between seven and nine hours of high-quality sleep per night.
4. I protect myself from safety hazards by wearing seatbelts, using smoke detectors in my home, not riding in a vehicle with a drunk driver, etc.
5. When I am experiencing pain and disease, I use it as an opportunity to re-evaluate my lifestyle and my environment.
6. It is OK for me to be out-of-balance, vulnerable, or in need.
7. I recognize that it is possible to discover wellbeing in the midst of serious or chronic illness.
8. I am able to distinguish between accepting responsibility for a problem and blaming myself for it.
9. I love myself and other people.
10. I acknowledge that my wellbeing is interdependent with that of the planet and minimize my consumption of the planet's resources.

### BREATHING COMMENTS

1. I wear clothing that is comfortable and loose enough to allow unrestricted breathing.
2. I pause during the day to notice if my posture is facilitating full, natural breathing.
3. I take breaks during the day to notice if I am breathing deeply and smoothly.
4. When I am experiencing stress, I use my breath to help release my tension.
5. I recognize my breathing may become restricted when experiencing extreme states of emotions such as sadness, anger, or fear.
6. I use deep, rhythmic breathing as a means of helping my body heal itself of physical, as well as mental and emotional, pain.
7. I look for opportunities to use my breathing to relax and refocus in order to optimize my performance, rather than getting irritated by circumstances beyond my control.
8. I use my breath as a means of centering and increasing mental clarity.
9. I avoid polluted environments, and minimize my contribution to global warming.
10. I am at peace with myself.

### SENSING COMMENTS

1. I enjoy experiencing safe and appropriate physical contact with others.
2. At room temperature, my hands and feet are warm.
3. I limit my use of artificial light and use natural lighting as much as possible.
4. I avoid overexposure to midday summer sunlight instead of relying on chemical sunscreens.
5. I am aware of the impact of different colors and styles of lighting on my wellbeing.
6. I use water as a means of refreshment and regeneration.
7. I use my sense of smell as a source of warning, pleasure, and well-being.
8. I use music and other pleasant sounds to enhance my state of wellbeing.
9. I am comfortable with silence.
10. I mindfully approach the simple pleasures of life in order to savor and prolong each experience without overindulging.

### EATING COMMENTS

1. I eat a nutritious and well-balanced diet.
2. I minimize my intake of highly refined or processed foods.
3. I drink at least 6 glasses of pure water each day.
4. In addition to eating well, I use a multivitamin and mineral supplement daily.
5. I drink fewer than two servings of caffeinated beverages, including soft drinks, per day.
6. I eat slowly and chew my food thoroughly, while eating my meals in a relaxed, nurturing environment.
7. In my daily diet, I include foods that supply antioxidants, such as fresh vegetables rich in vitamins A, C, and E.
8. I buy organic produce whenever possible.
9. I avoid dieting and, if weight is an issue, I address the underlying cause(s).
10. I am aware that my nutritional needs are unique and learn what I can about how best to meet my body's individual requirements.

**MOVING COMMENTS**

1. I am aware of, and respond to, my body's unique needs for movement and exercise.
2. I enjoy exploring new and effective ways of exercising and moving my body for improved health and wellbeing.
3. I enjoy stretching, moving, and exerting my body.
4. My daily activities include at least 15 minutes of vigorous physical effort.
5. I climb stairs instead of riding elevators whenever possible.
6. I walk or ride a bike to local destinations instead of driving.
7. I engage in aerobic activity (such as running, biking, swimming, brisk walking, or other vigorous physical exercises) for at least 20 minutes, 3 times a week.
8. I do some form of stretching or limbering exercise (such as yoga) for 20 to 30 minutes at least 3 times a week.
9. I practice some form of mind-body-spirit discipline that integrates breathing, movement, and body awareness.
10. I experience a natural high (I enter the "zone") when exercising.

**FEELING COMMENTS**

1. I take time during the day to stop and ask myself, "What am I feeling?"
2. I am able to graciously accept positive acknowledgments from others.
3. I allow myself to experience a full range of emotions, and find constructive ways to express them.
4. I am open to experiencing and expressing joy.
5. I feel OK about crying, and allow myself to do so when appropriate.
6. I am able to express my anger appropriately in ways that resolve issues, instead of allowing it to create problems for myself and others.
7. I respect other people's differing sensitivity to, and styles of, expressing their feelings.
8. I have at least five close friends.
9. I am able to say "no" to people without feeling guilty.
10. I recognize, acknowledge, and accept my fears.

**THINKING COMMENTS**

1. I have a significant choice in the subject matter and emotional content of my thoughts.
2. I am conscious of the connection between certain thoughts and the subsequent bodily changes (such as breathing patterns, muscle tension, etc.) in response to these thoughts.
3. I am able to keep my mind focused and free of recurring or unwanted thoughts.
4. I notice that my perceptions of the world are colored by my thoughts and attitudes at the time.
5. I am aware of the influence of different environments on my thoughts.
6. I am aware that my thoughts and emotions can impact my state of health through their influence on my immune system.
7. I emphasize self- and life-affirming thoughts and attitudes in my daily life.
8. Instead of worrying about a problem that I can do nothing about, I shelve it until I can deal with it and get on with what's before me.
9. Instead of relying only upon habitual modes of thinking, I am able to exercise my intuition and creativity to gain new insights.
10. It is easy for me to pay attention, focus, and concentrate.

**PLAYING & WORKING COMMENTS**

1. I enjoy and take time for spontaneous activities.
2. I value myself for who I am, not just for what I do.
3. I avoid taking on unnecessary and unrealistic burdens and responsibilities.
4. I make an effort to play and work cooperatively, not competitively.
5. I am able to lighten up and avoid taking myself too seriously.
6. I use relaxation practices to transform stressful or negative attitudes.
7. I balance the challenges and stresses of my life with playful and nurturing attitudes and activities.
8. I take time each day to nurture and strengthen myself physically, emotionally, and spiritually.
9. I am able to laugh easily.
10. I approach difficult or challenging tasks from a playful point of view.

### COMMUNICATING QUESTIONS

1. I am truthful and compassionate in my communications with others.
2. I am able to assert myself in order to be heard and understood.
3. I acknowledge and apologize for any mistakes I make, instead of trying to cover them up.
4. I respect people's different social or cultural communication styles when communicating with them.
5. I am a good listener.
6. I am aware that generalizations, labels, absolutes, and judgments undermine clear, mutually beneficial communications.
7. I strive to be truthful and direct in my communications, and avoid playing manipulative psychological games.
8. Before offering help, I find out if it is wanted or beneficial (emergencies excepted).
9. I enjoy receiving compliments, appreciation, and recognition from others.
10. I focus my internal dialogues into positive and constructive views of my life and my world.

### INTIMACY QUESTIONS

1. I am aware of the health benefits of nurturing, intimate relationships whether it is with a friend, loved one, or romantic partner.
2. I experience feeling completely understood and acknowledged by another person.
3. I am able to experience a gratifying relationship despite the presence of unresolved conflicts.
4. I am aware of another person's attempts to make a meaningful connection even when they are indirect.
5. When someone close to me and I are upset with each other, I'm able to respond appropriately and focus on rebuilding our trust and intimacy.
6. I respect other people's boundaries and am clear about my own.
7. My sexual maturity enables me to make responsible and caring decisions about sexual activities.
8. With regard to sexual interactions or advances, I say "yes" strongly and clearly to what I want, and "no" to what I don't want.
9. I minimize my sexual dissatisfaction by being aware of unrealistic expectations.
10. I am aware that building intimacy and trust is a key to maintaining a healthy sexual relationship.

### FINDING MEANING QUESTIONS

1. I contemplate what is meaningful to me and regularly re-examine my values and priorities.
2. I listen to my own inner guidance in assigning the meaning I bring to my life.
3. I set realistic goals, and I allocate time to work toward the attainment of my dreams and aspirations.
4. I am aware of my character strengths, and regularly use them in my daily life.
5. I focus my awareness in the present moment, instead of living in the past or future.
6. I regularly take time to make note of my appreciation and gratitude.
7. I regularly find ways to perform acts of kindness and service for others.
8. I look forward to the future as an opportunity for further growth.
9. I have taken steps to enable me to die with the greatest amount of dignity, personal power, and conscious awareness possible at the time.
10. I am able to talk with family and friends about my own death, or the death of someone close to me.

### TRANSCENDING QUESTIONS

1. I consciously seek to develop and trust my intuition.
2. I experience synchronistic events in my life (frequent "coincidences" that seem to have no cause-and-effect relationship).
3. I am aware that my beliefs and assumptions can color my experience.
4. I enjoy practicing a spiritual discipline or allowing time to sense the presence of a higher power moving in my life.
5. When ill or out of balance, I am able to consciously participate in my healing processes.
6. I pray, meditate, or practice some kind of centering process on a regular basis.
7. I experience myself as part of a larger whole.
8. I find myself so effortlessly engaged in an activity that I lose track of time, and my sense of self.
9. Even in the midst of chaos or loss, I am able to maintain faith in the process of change.
10. I allow others the freedom to believe what they believe, without pressuring them to accept my beliefs.