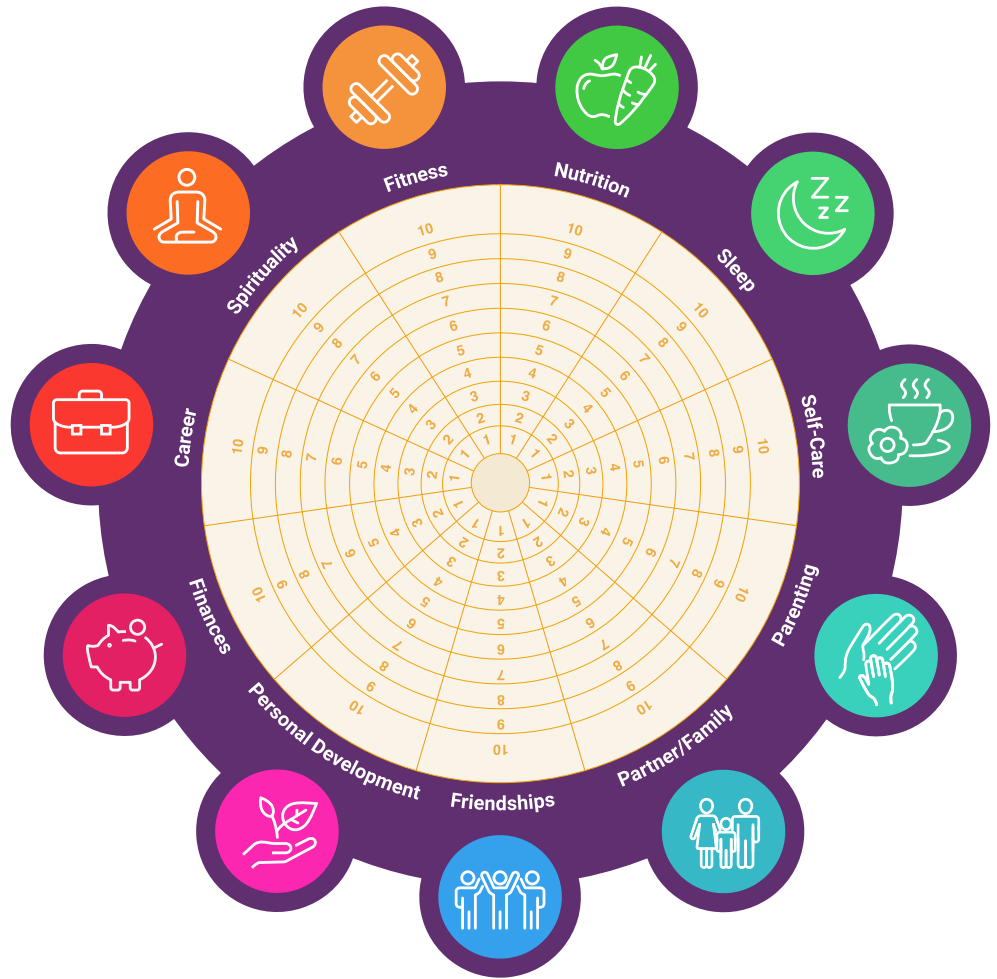


Wellness Wheel for Moms

On a scale of 1-10, for each section, rate your level of health/proficiency/satisfaction. Then, connect the numbers.

How “smooth” or “bumpy” is your wheel? How large or small?

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Fitness/Movement/Exercise

Do you move throughout the day? Are you mostly sedentary? Do you do any formal exercise? Often? Not often?



Nutrition/Food/Eating

Are you conscious of what and how much you put in your mouth throughout the day? Are you able to maintain a comfortable weight based on what you eat? Do you have a good relationship with food? Does the food you eat make you feel good? Energetic? Bad? Sick?



Sleep (Habits & Quality)

How consistent is your nighttime routine? Do you fall asleep easily? Stay asleep throughout the night? Sleep enough? Wake up rested?



Self-Care

How often do you make time for yourself? Do you enjoy your self-care activities or do you feel guilty for focusing on yourself?



Parenting

How conscious are your actions as a mother? Do you feel balanced between nurturing and letting go? Do you set boundaries?



Partner/Family

How deeply do you feel connected to your partner? To your family members? Do you enjoy spending time with them? Do they fill your life with unconditional love?



Friendships

How deeply do you feel connected to your friends? Do you have at least one very close friend? Do you enjoy spending time with them?



Personal Development/Growth

Are you consistently moving forward in self-improvement – learning different ways to get better and be happier?



Finances/Money

Do you have a sense of control over your finances? Are you in debt? How satisfied are you with the amount of money you currently have and your earning potential for the future?



Career/Job

Are you satisfied with your job; with your professional choices? Passionate? Dissatisfied? Miserable?



Spirituality

Do you feel a connection to something bigger than yourself, in a way that helps you find meaning in your life, or are you mostly (or totally) rooted in the logical, physical, and material workings of the world?