



WHEEL OF LIFE

WHAT MATTERS MOST

THE PURPOSE OF THE WHEEL OF LIFE

- Having a tool to help communicate big intentions in simple ways
- Having a visual to help you see your wellness at first glance
- A tool that will help to engage in meaningful conversations with your health coach and others
- A tool that is personalized to your wellness and life engagement

WELLNESS + WELL-BEING = HOLISTIC APPROACH



REPRESENTATION OF WELLNESS

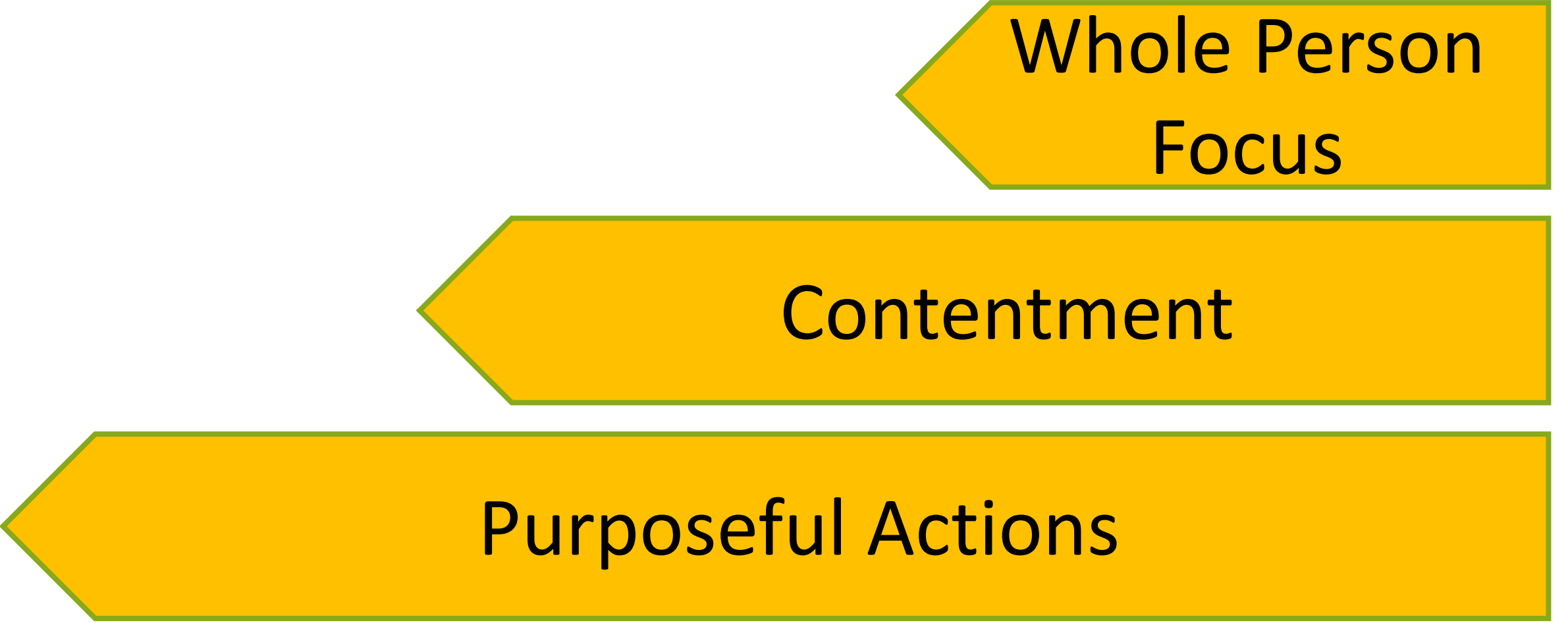


Physical Focus

Absence of Dis-ease

Preventative Actions

REPRESENTATION OF WELL-BEING



Whole Person
Focus

Contentment

Purposeful Actions



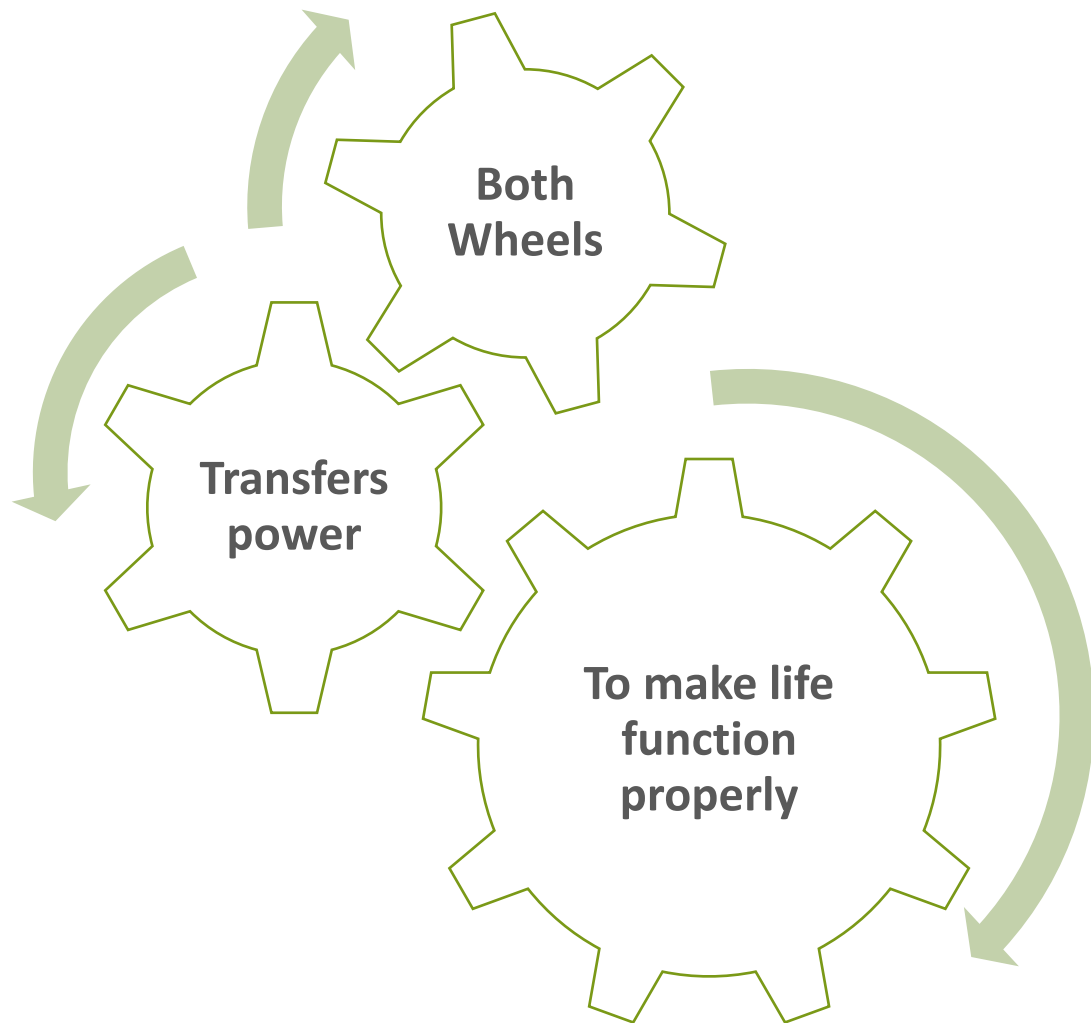
THE TRADITIONAL WELLNESS WHEEL

Seven
Dimensions in
taking a holistic
approach to
enhance your
health

THE INNOVATIVE WHEEL







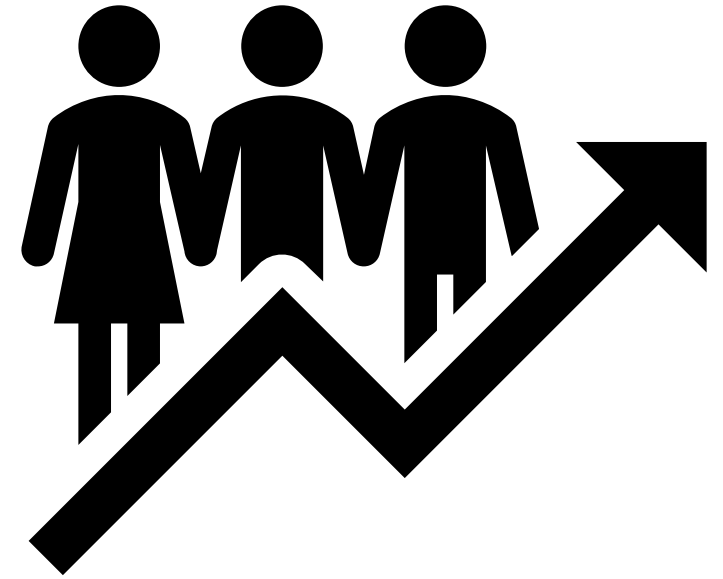
Wheel of Life	Wellness Wheel						
Continuous Growth	ALL						
Safety & Security	Environmental						
Financial Health	Financial						
Vocation	Intellectual						
	Financial						
Relationships & Belonging	Emotional						
	Social						
Physical Health	Physical						
Emotional & Mental Health	Emotional						
	Intellectual						
Recreation & Hobbies	Physical						
Contribution & Service	Environmental						
	Social						
Purpose & Spirituality	Spiritual						

REFLECTIONS ON THE WHEEL OF LIFE

DEFINITIONS AND EXPLORATIVE INQUIRIES

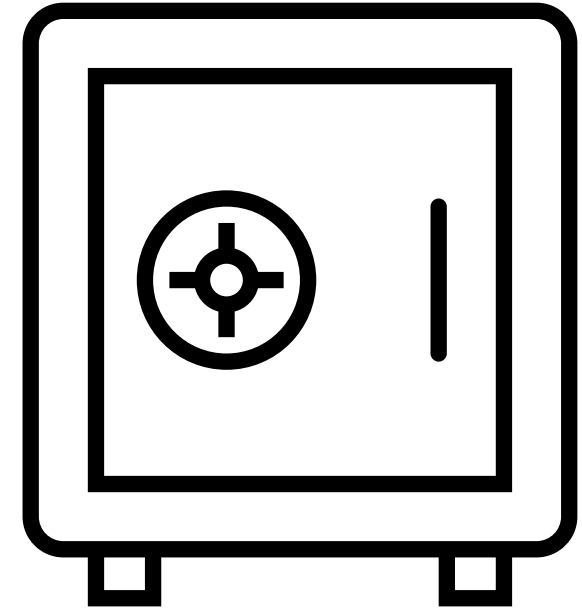
CONTINUOUS GROWTH

- Continuing to learn and evolve as a person
- Attending to the ongoing evolution of one's mind, body, and / or spirit over time
 - *How are you consistently progressing towards living your fullest life?*
 - *How do you broaden your opportunities to grow?*



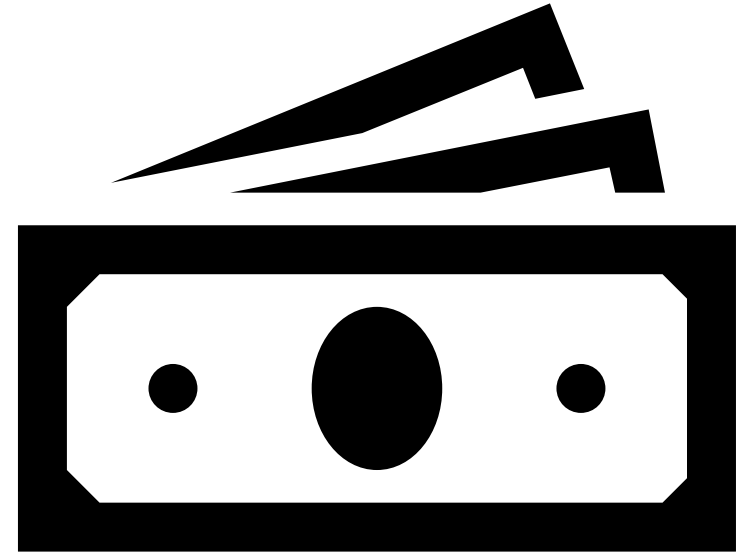
SAFETY & SECURITY

- A sense of well-being that stems from the absence of internal or external threats and danger
- A sense of stability that enables one to live comfortably and without undue anxiety
 - *What in your life today contributes to feelings of safety and security?*
 - *What else might provide you with a deeper sense of safety and security?*



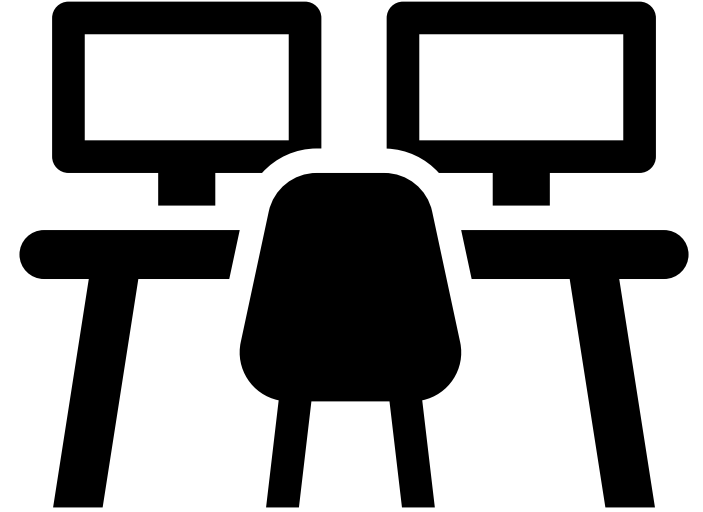
FINANCIAL HEALTH

- The state and management of one's personal finances
 - *How does your current financial health impact your quality of life today?*
 - *What are your intentions around ensuring financial health now and in the future?*



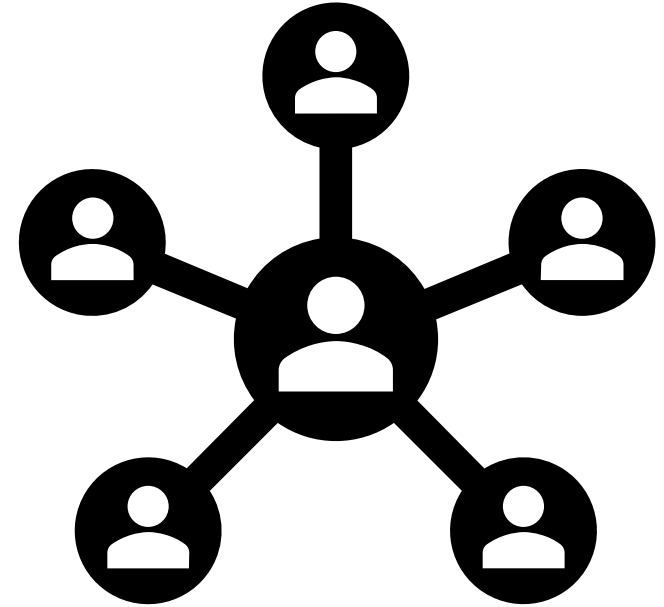
VOCATION

- The work, occupation, or profession that one is suited, trained, or qualified to do
- The act of responding to a personal calling toward work which offers meaning and purpose
 - *What is the impact of your vocation on your overall quality of life?*
 - *Are there activities that you do now (or would like to do) which would strengthen your vocation?*



RELATIONSHIP & BELONGING

- A meaningful association or acquaintance between two or more people
- Inclusion with a social group, culture, or community that brings a sense of satisfaction
 - *Which people, personal associations, or other group interactions bring meaning to your life?*



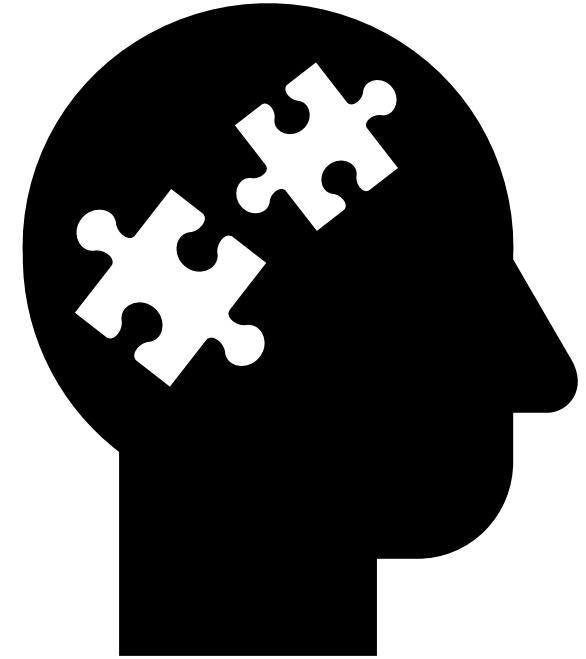
PHYSICAL HEALTH

- Consuming nourishing food and drink that maintains a healthy mind and body
- Using one's body and caring for it in ways that support optimal functioning
 - *How does your current daily routine support your physical health?*
 - *What are other actions you could take to maintain or improve your physical health?*



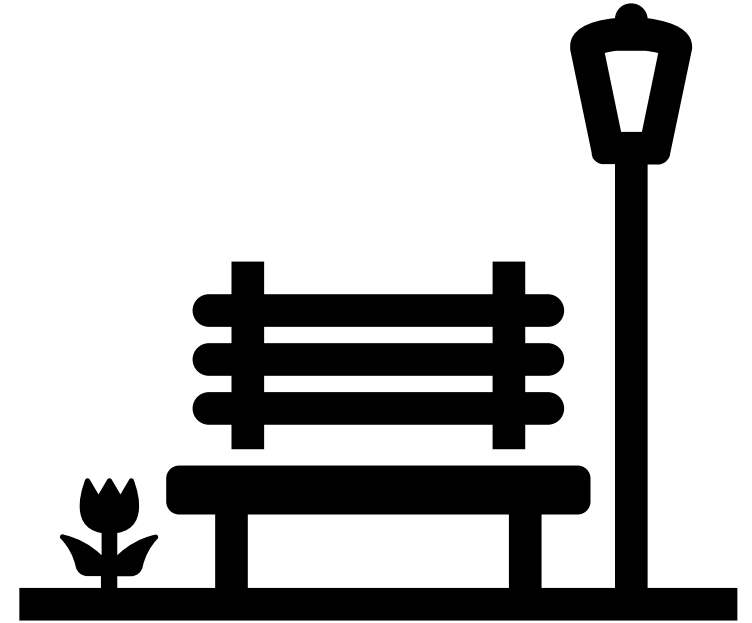
EMOTIONAL & MENTAL HEALTH

- Managing and expressing feelings in a healthy and non-harmful way
- Managing your thoughts and actions in a supportive and productive way
 - *What are your strategies for managing emotions like anxiety, anger or sadness?*
 - *What are your strategies for maintaining clarity and calm during challenging circumstances?*



RECREATION & HOBBIES

- Leisure activity that amuses or stimulates one in a beneficial way
- An activity that one enjoys doing regularly for pleasure or relaxation
 - *Which activities do you currently make time for and why?*
 - *Which activities might you like to add to your routine?*



CONTRIBUTION & SERVICES

- Freely offering one's time and energy to benefit the greater good
 - *In which ways do you currently contribute to your community / peers / family / network?*
 - *What other service activities would you find meaningful?*



PURPOSE & SPIRITUALITY

- A reason for being; a definable meaning for one's life
- A sense of connection to others and the world
 - *Which activities offer you the feeling of purposefulness and meaning?*
 - *What brings you a sense of connection in life?*



REFLECTIONS ON THE WHEEL OF LIFE

SELF-ASSESSMENT

- Which areas of life get most of your attention now?
- Which areas of life are asking for more of your attention?
- What's working well in one area of your life today?
- Which areas of life feel most important to you right now? Why?
- Which areas of your life have always been very important to you, no matter what age?
 - What does that tell you about your core values?
- What is one area of your life that brings you joy? Why?
- To live your best day each day, what feels important to...
keep doing? | start doing? | do less of?
- What's one intention or goal you'd like to set to support your health & well-being?

WELLNESS CIRCLE SERIES

VITALIZE 360 PROGRAM

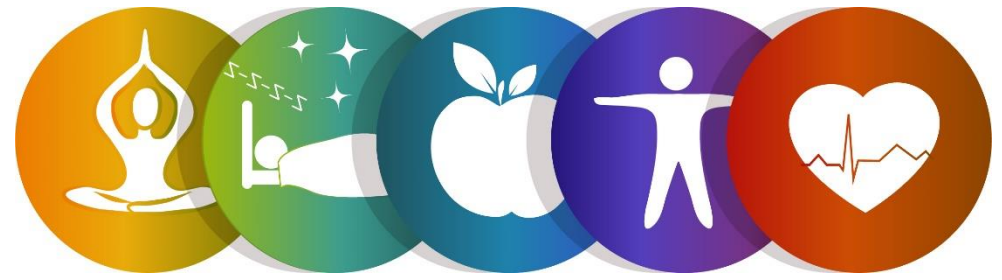
■ Goal for Group Participation

- For participants to enhance their health and well-being by connecting to self and connecting to the community through positive inquiry and purposeful intentions

■ Mission

- The group can have meaningful conversations about What Matters Most (WMM)
- Share common ideas and positive feedback to enhance one's well-being
- Self-awareness while focusing and reflecting on specific health and well-being topics
- A hands-on approach to promoting whole person wellness





- **First Series**

- **Title:** Wheel of Life
- **Duration:** 6 Rounds (weekly)
- **Dates:** Thursday, October 29th through November 10th
 - 10/29
 - 11/5
 - 11/12
 - 11/19
 - 12/3
 - 12/10 Last round of series
- **Time:** 2:00 pm
- **Group Capacity:** 15 residents + Health Coach, Kim
- **Cost: FREE OF CHARGE!**
- **Location:** Auditorium
 - *may be able to move it to a different location, depending if group is less than 20*
- **Please register to participate:** Call Kim Rivers, x 7393 or email krivers@collington.Kendal.org

Call Kim if you have any questions

A photograph of a white rectangular card with the words "Thank You" written in a black cursive font. The card is placed on a bed of autumn leaves in shades of red, orange, and yellow. To the right of the card is a small, round, orange pumpkin with a short stem. In the upper left corner, there are some small, round, multi-colored berries.

Thank You