Wellness Wheel Reflection: Reflect Before You Rate

Read each set of questions before choosing your Wellness Wheel numbers. You may circle a question, jot a note, or simply think about what is true for you. Your answers—not how you think you should be doing—will help you choose a rating on the next page.

Nourishment

Do I eat meals that nourish me and leave me satisfied? Am I often doing other things while eating, or can I slow down and pay attention to my food and hunger? How often do salty packaged foods, takeout, or caffeinated drinks fit into my day?

Movement

Do I move in ways I enjoy and can safely sustain? Do I break up long periods of sitting with a few minutes of movement? What helps or limits my ability to be active?

Rest & Sleep

Do I wake feeling rested? Do I need daytime naps—or wish I could take one? Has someone noticed snoring, gasping, or pauses in my breathing during sleep? If I use CPAP, how many hours do I use it each night?

Stress & Resilience

What causes stress in my day? Do I have stress-relief tools I can actually use, such as breathing, time outdoors, prayer, or asking for help? Do I have opportunities to recover?

© 2026 Sacred Soil Wellness · All rights reserved

Wellness Wheel Reflection — continued

Use the space below each topic to jot down what you notice. These reflections can help you choose your Wellness Wheel ratings.

Connection

What is the overall quality of my relationships? Do they restore and support me, or leave me feeling drained? Do I have people I can turn to when I need support?

Environment

Does my home life and schedule support sleep, meals, movement, and rest? Are there barriers—time, money, caregiving, transportation, or safety—that make health habits difficult?

Purpose & Joy

Do I experience enjoyment in everyday life? Do I make time for creativity, self-expression, or play? Do I have faith in something bigger than myself, if that is meaningful to me? Do I connect with nature?

Health Habits & Accountability

Am I aware of my health needs and my blood pressure patterns? Have I set intentional, realistic wellness goals? Do I prioritize my health, notice my progress, and follow through on the steps I have chosen? What support would help?

© 2026 Sacred Soil Wellness · All rights reserved