

The VITAL WorkLife Wheel of Well Being is a tool used to evaluate distinct areas of life and build well being through work/life balance. Each dimension of your life impacts the potential for well being. By creating a more balanced life, you are more likely to secure a more complete sense of well being.



By taking a holistic approach to work/life balance, you can assess each area of your life to both be aware of, and then to address issues, impacting well being. Taking time to reflect on both what IS working, as well as areas of growth, can help you determine where to focus energy in order to capitalize on your greatest opportunities for balance. This approach also helps to maintain those areas in your life that are going well, while identifying any new actions for the areas of your life needing nurturing to ensure your well being efforts have lasting effects.

Wheel Dimensions

Your life can be divided into key dimensions that all work together synergistically to create the uniqueness of you. Each area of our life interrelates to the other. However, at any given time, life may be overwhelming. When we take a moment to assess our current situation the Life Wheel helps us focus on a specific key dimension. The following definitions will provide support as you explore your overall balance and well being.

Professional Finding fulfillment in the nature of your work, how you are compensated, the quality of your relationships with colleagues and satisfaction with your work/life integration.

Physical All aspects of your body including your general overall health, your senses, intellect and the type, and consistency, of the activities you partake in.

Financial/Legal Financial: Relating to the management of money, credit and other debt and asset issues. Legal: To understand the law as it pertains to your personal or professional welfare.

Spiritual Exploration of a life of meaning, purpose, values and beliefs, the role of spirit or soul, and/or a deeper understanding of self and your connections to the larger community.

Emotional Characterized by a stable mood, ability to experience, manage and express emotions, acceptance of self and others, a positive outlook and freedom from worry.

Relational Includes interactions and connections between individuals and groups, including professional relationships in the workplace and personal relationships with family and friends.

Well Being Starts with You

Here are some questions to ask yourself to begin to assess your overall well being. We encourage you to set a goal (with accompanying action steps) for improvement in any dimension needing attention.

Professional: Is your work satisfying? Are you passionate about your practice? Are you able to keep stressors in perspective? Are you confident in your abilities? Are you able to manage work stressors?

Physical: Are you engaging in regular physical activity? Do you have a physical regimen supportive of general good health? Have you had a physical within the last 2 years?

Financial/Legal: Does the state of your financial life match your desires? Do you feel financially secure? Are you able to successfully live out the lifestyle you desire?

Emotional: Are you able to meet daily life with a positive attitude? Are you hopeful for the future? Are you aware of your feelings? Are you aware of your impact on others? What is your stress level?

Spiritual: Is your life meaningful and filled with purpose? Are you finding ways to contribute in life to your community or environment that rebuilds or energizes you? Do you operate from your values, morals and beliefs about what is "good?"

Relational: Do you have solid support through friends and family? Do you have meaningful and fulfilling relationships? Do you have a social network that engages and supports you? Are there family/friend relationships that need more attention?

Well Being Goal Setting

Goal: _____

Action Step: _____

Goal: _____

Action Step: _____

Goal: _____

Action Step: _____