



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Well-Being Wheel

*Well-being is self defined.  
Well-being is balancing choices.*

Each section of the wheel represents an area of your life and how satisfied you are with it.

## What is your well-being right now?

Family/Kids/Marriage  
Finances  
Learning/Education  
Friends

Work  
Eating Healthy  
Gardening  
Sleep

Physical Activity  
Personal Time  
Hobbies  
Giving/Volunteering

Health  
Faith  
Goal Setting  
Fun

