



LIFE WHEEL

To experience fullness of life these 10 areas need to be cultivated.



Life Wheel Assessment

In each category, to the best of your ability, assign a number: **1- Absolutely Awful! >> 10 - Nailing It!**

At the end add up your number to see what you'd give yourself out of 100. It's unlikely that we're ever at a 100 and THAT IS FINE! Consider this an opportunity to partner with the Holy Spirit to make some small changes and begin building some new habits. This is meant to be both enlightening and fun!

Note: *If any of these areas are low and you're not sure what to do about it, reach out to me or someone to begin making some changes.*

___ Hydration - Clean water is consumed daily. A general baseline: drink ½ your body weight in ounces daily.

___ Breathing - Your breathing is slow and deep vs shallow and fast or shallow and slow. You know your breathing is improving your health when your inhale expands your chest and belly and is steady and slow.

___ Activity - Both NEAT (Non-Exercise Activity Thermogenesis) movement and focused exercise is happening 6 days/week. Meaning, some form of movement you enjoy doing is occurring almost daily.

___ Nutrient Load - The majority of food you eat has nutrient value (macro and micro nutrients, amino acids, living enzymes, pro and pre-biotics, minerals, proteins, healthy fats) to give your body the raw materials to build your body's organs, systems, and brain. The ecosystem of your body is producing life and energy.

___ Detoxification - Your body is releasing waste and toxins adequately. The way to measure this is by the effectiveness of excretion, sweating, and deep breathing. An indicator that you aren't detoxing effectively is bloating, headaches, and inflammation.

___ Sleep/Rest - This is measured by if you're waking up refreshed. Adults ideally need to go through 4-5 sleep cycles per night. Which works out to 6-9 total sleep hours. As it relates to rest, margin is created throughout the day to slow down and just "be".

___ Balance - Psychologically and physiologically. You have a good balance of rest and work throughout your days. Your hormones and nervous system are functioning well enough to allow for peace/contentment and a motivation to accomplish and do. You're aware of your own needs for engagement and pulling away.

___ Stress and Pain Management - A better word for management would be processing. You understand the best tools to process pain and keep stress in a healthy zone. You're aware of what over-commitment looks like for you and what should be on your plate during a particular season for you to function optimally. When you're experiencing emotional pain or relational pain you are quick to talk about it and get help versus minimize, suppress, and ignore.

___ Emotional/Spiritual Connection - Loving and being loved, spending time in authentic connection with God and others happens on a daily basis in some way. Emotionally, you are honest with where you are and don't pretend. When you are feeling emotionally depleted you seek out places of grace and let yourself be human.

___ Nature - Nature is healing because it reflects God's nature. At minimum, most days you are taking in sunshine and fresh air. You are appreciating and experiencing living, growing things. If you work in an enclosed building you plan for outdoor times on the weekend. Ex.: a bike ride, hike, picnic, etc

TOTAL: ___/100