

Wellness Wheel: A Reflection Tool



OpenLearning@MLC
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*You are not a problem to be fixed,
but a human who is meant to be
understood.*

-Joseph Nguyen

Psalm 139

You have searched me, LORD,

and you know me...

...you knit me together

...I am **fearfully** and wonderfully made;

setting the tone

You are not a problem to be fixed



PHYSICAL

nourished by food,
movement, and sleep

EMOTIONAL

healthy in mindset,
mood, and resilience

ENVIRONMENT

safe and supportive
living space

SOCIAL

connection and
meaning found with
others

PROFESSIONAL

satisfying work that
utilizes strengths and
fosters growth

RECREATION

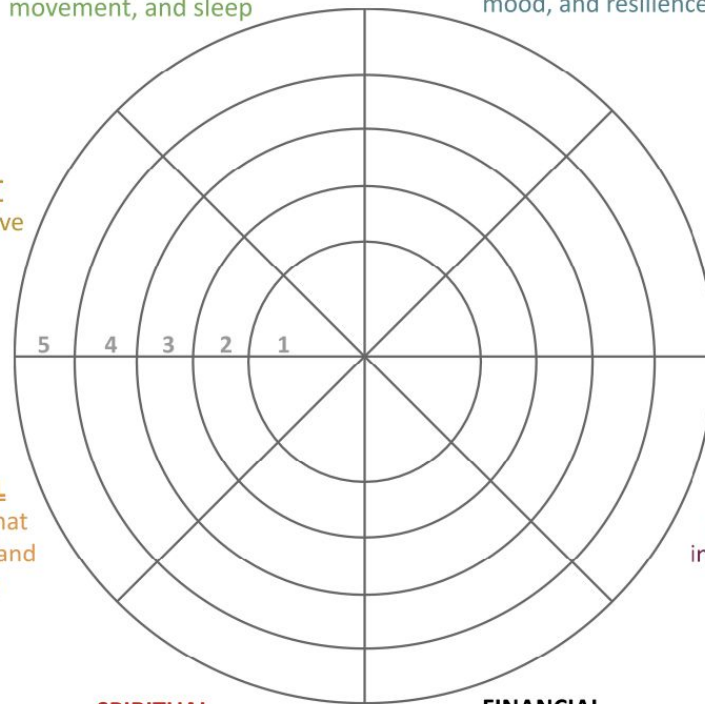
hobbies, fun, play,
intentional downtime

SPIRITUAL

intentional growth and
connection to your
Creator and Savior

FINANCIAL

budgeting, saving,
plans for stability




PHYSICAL

nourished by food,
movement, and sleep

EMOTIONAL

healthy in mindset,
mood, and resilience

 How am I caring for my
body's basic needs?

 How do I process and
respond to my inner voice?

ENVIRONMENT

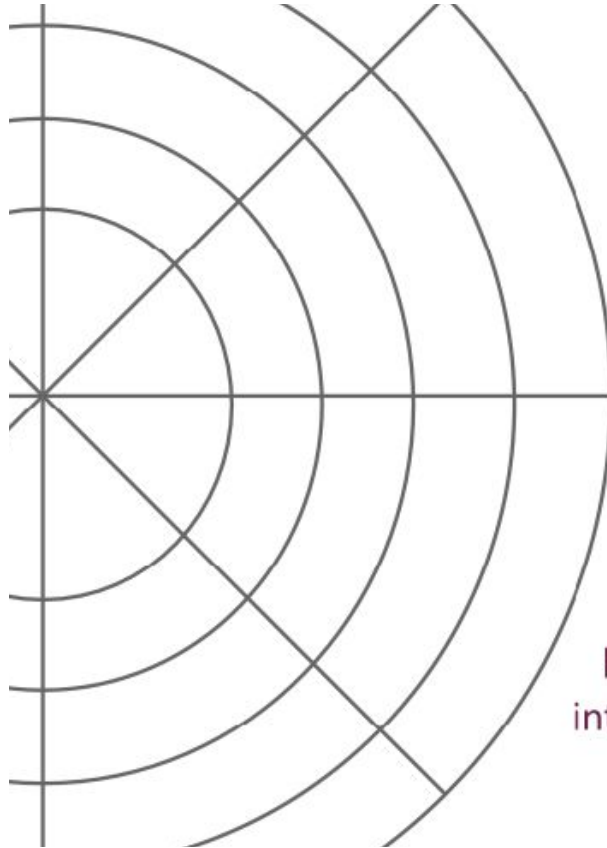
safe and supportive
living space

 How do my
surroundings impact me,
and how am I putting
intention into them?




 How connected and supported
do I feel in my relationships?

 where in my life is there space
for joy, fun, or delight?




SOCIAL
connection and
meaning found with
others

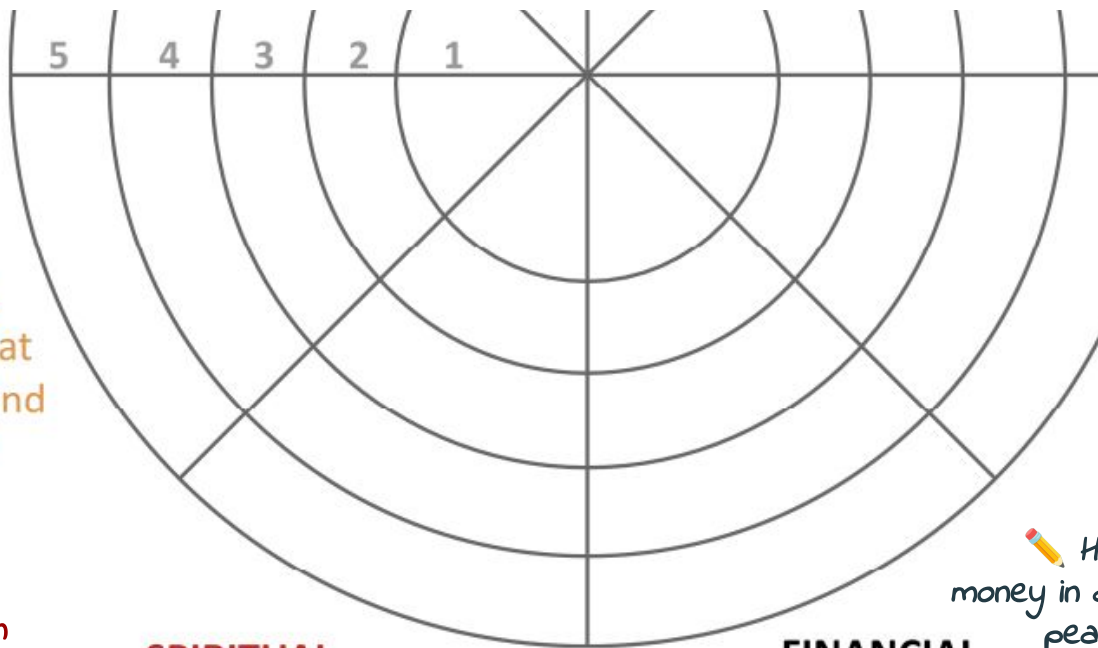
RECREATION
hobbies, fun, play,
intentional downtime

 How do I feel about the work I do - and how I do it?


PROFESSIONAL
satisfying work that
utilizes strengths and
fosters growth

 How grounded am I in
my relationship with God
and with my purpose?

SPIRITUAL
intentional growth and
connection to your
Creator and Savior



FINANCIAL
budgeting, saving,
plans for stability

 How am I managing
money in a way that brings
peace, not pressure?

Preparing for reflection

5:00



Reflection and growth

Ratings are subjective and values based

The wheel is allowed to be imbalanced

This is a TOOL to gain insights



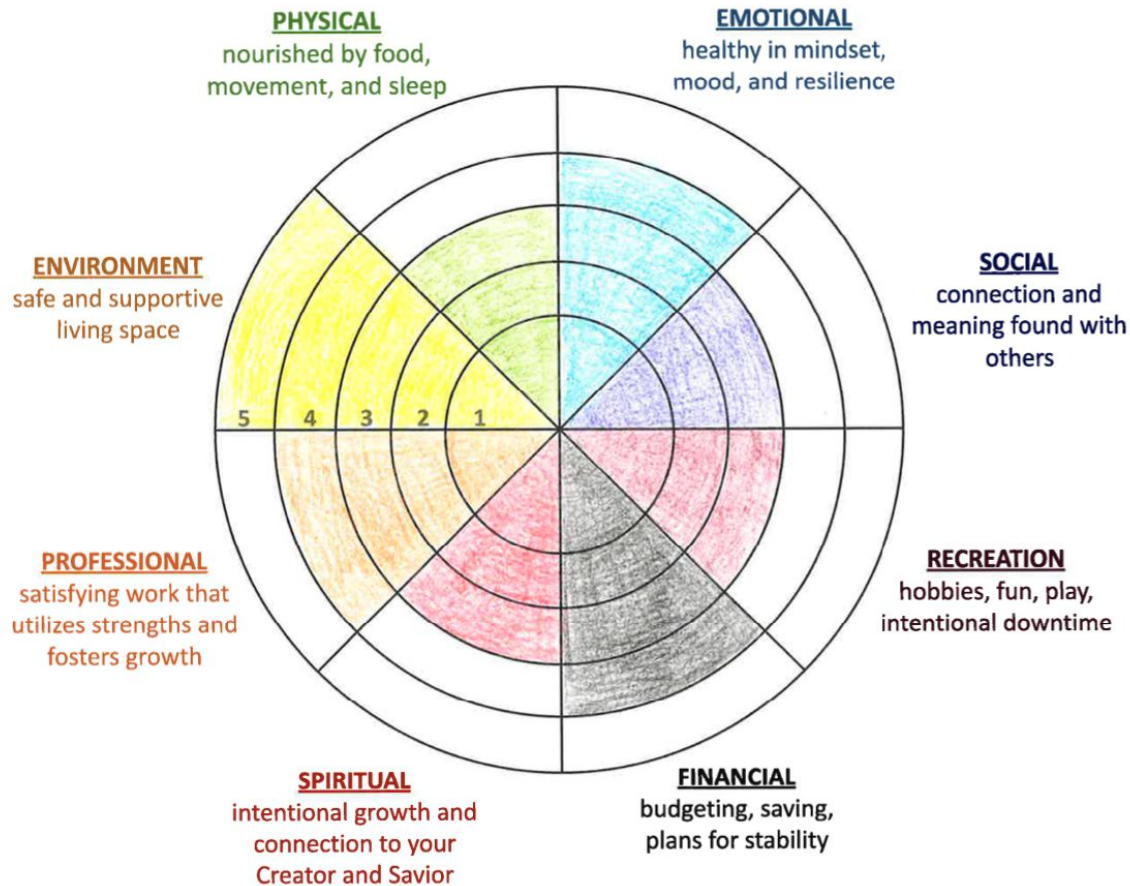
Judgment or criticism

Ratings are objective and standards based

The goal is for the wheel to have all ratings be a 5

This is a grade of my efforts

*You are not a problem to be fixed,
but a human who is meant to be understood.*



Big Picture Questions

What was surprising to me about the results? What was not surprising?
(What felt lower than I expected? What felt stronger?)

What all came to mind as I was choosing my ratings? What factored into my decisions?

What did I find challenging about the exercise?

What was helpful about the exercise?



Looking at my wheel, which area is currently drawing my attention the most?
(Is there an area asking for care, curiosity, or intention?)

Big Picture Questions

What's my take on the concept of balance - do I feel more inclined to have balance between all categories, or to lean more heavily into a few areas over others?

What am I learning about myself through an activity like this?

How might this wheel look in 6 months? In 1 year?

How confident do I feel in using this tool to drive my intentions for the coming days, weeks, months?
(...what would help me to feel more confident?)



What tends to get in the way when I try to care for myself? How might I navigate around it?
(Are there patterns, beliefs, or barriers that show up?)

Category-specific Questions

Which category(s) do I feel satisfied with?

Which category(s) do I wish looked different?



What would it take to move this rating from a ____ up to a ____? (ex. move from a 3 to a 4)

What led me to rate this as a ____ instead of a lower rating? (ex. rate as a 3, and not a 2)

In what ways have I already been intentional in this area?

In what ways would I like to be more intentional in this area?

Category-specific Questions

What am I doing well in this category?

What (if anything) concerns me about this category?



Which category do I feel would be easiest to adjust? Why?

Which category do I feel would be the hardest to adjust? Why?

What's an action step I already know I could take for one of the categories?

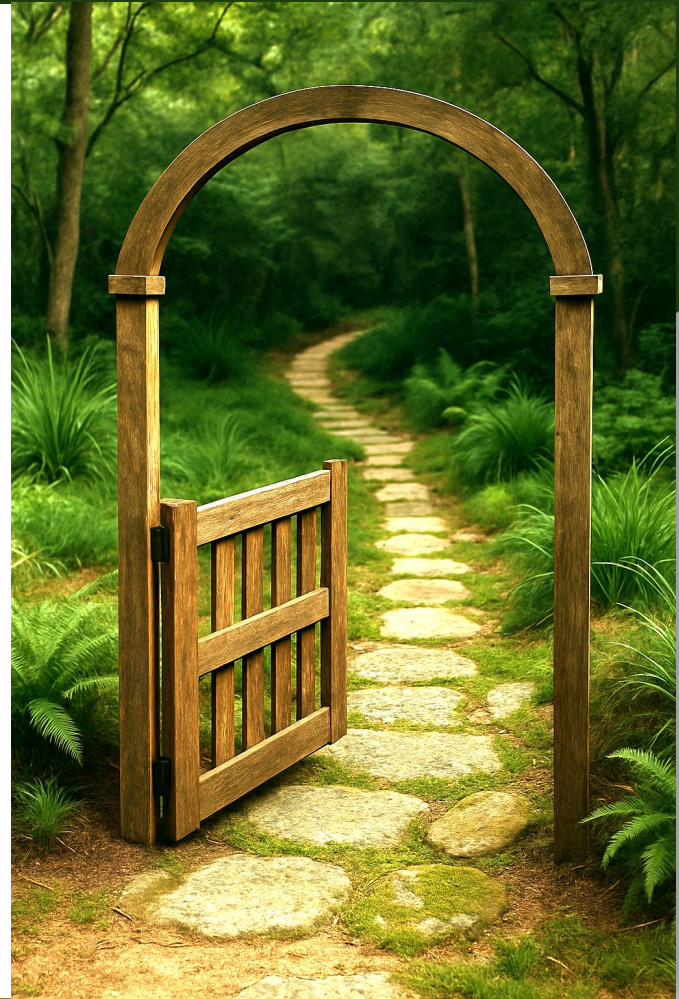
What part of this process do I feel I need some 1:1 help with?



Protecting space.
Not with walls, with fences...
...with gates

*Above all else, guard your heart,
for everything you do flows from it.*

Proverbs 4:23



Boundary-specific questions

What boundaries might I need to put in place to protect what matters most right now?
(Not just what to say “no” to, but what I want to say “yes” to.)

When do I feel most like myself? What contributes to that feeling?
(A helpful lens when thinking about replenishment and rhythm.)

Which areas of the Wellness Wheel have I been neglecting - but not on purpose?
(What’s been crowded out? What do I miss?)

Boundary-setting samples

Emotional - I don't do any school work after 6 PM so I can decompress mentally.

Social - I set limits on work talk I'll join in during lunch with coworkers so we can actually enjoy the time together.

Physical - I put my workout time on my calendar.

Spiritual - I guard Sunday worship and family time, above all else.

Professional - I don't accept parent messages late at night. I'll reply during work hours.

Environmental - I leave the building at a set time each day unless there's something truly urgent.

Extending the lens to your students

Domain	Your Reflection	Student Parallel
Emotional	I need space to name and feel emotions	How do I create space for students to do the same?
Social	I thrive with meaningful connection	Who might be feeling left out in my classroom?
Environmental	My surroundings impact my focus	How does our classroom setup support calm/focus?

*You(r students) are not a problem to be fixed,
but a human who is meant to be understood.*

Final thoughts

Resist the urge to judge the look of your wheel.

Use this as a tool, to learn what care looks like for you.

Discover what your thought process looks like, what your values are, what strengths you tap into, etc.

Consider coming back to this activity regularly.

This isn't about diagnosing your burnout or fixing your balance. It's about understanding yourself... so you can set out to care for what matters most.





*I came that they may have life
and have it to the full.*

John 10:10



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