

Wellness Wheel: A Reflection Opportunity

open-ended questions to guide reflection

Preparing for the activity:

- This is meant for reflection and growth, not judgment or criticism. While negative thoughts may emerge, remind yourself there's no standard for where you "should" be. Only where you'd like to be! (*and if those negative thoughts do emerge, tap into that teacher energy, get curious and ask yourself "I wonder why...?"*)

- There are no objective ratings - for example, whatever a "3" means to you, and for whatever reason, is the way to rate it.

- This wheel will look different on a rolling basis (pun intended...). Your ratings will often shift as the seasons shift, and that's ok and to be expected.

- There's no rule that says it all has to be balanced. Or that you should be at all 5s (...or any 5s).

- This is a TOOL, not a grade. There is no failure, because there are no expectations. You get to choose how this drives your intentions moving forward. Use it to build awareness, and begin to craft the environment and lifestyle that nurtures the areas that mean most to you, including but not limited to your classroom!

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

-Joseph Ngyuen

Post-Activity: 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?)

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?

(Are there patterns, beliefs, or barriers that show up?)

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?)

Post-Activity: 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?

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?

Want some 1:1 support?

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