



# Wellness Assessment

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[www.returntowellness.co.uk](http://www.returntowellness.co.uk)

## Wellness Assessment

Hello and welcome to the Return to Wellness community!

I'm really pleased you downloaded the **Wellness Assessment**. It uses the Wheel of Wellness to help you identify those areas of your life where things are going well, where you may wish to make a change, what you want that change to be, and initial steps you can take to get there.

This process has been designed so it's personal to you and your needs. So it takes some thought on your part. It may take 30 minutes, an hour or longer to do. Every person is different and you can spend as much time on this as you wish. It's also ok to do it in stages.

It's also helpful to revisit your Wheel of Wellness in the future to see what progress you have made against this plan or if any of your priorities have changed, or even to redo the exercise.

When you start an exercise like this, it's the first step in taking back control of your health and your life. Enjoy the process and let me know if you have any questions or feedback.

Warm regards,

Barbara

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The steps on pages 2–6 guide you through completing your Wellness Assessment.

## Wellness Assessment

1. Think of all the different aspects of your life where you would like to make a change. The issue(s) may relate to your
  - Physical health
  - Emotional/psychological health
  - Family
  - Friends
  - Job/Career
  - Education
  - Finances
  - Hobbies/Personal interests
  - Where you live – home, town, city, state, county, country
  - Religion/Spirituality
  - Culture
  - Personal growth
  - Something else
2. Jot down all the issues you want to change in the box to the right.

What I would like to change in my life

### IMPORTANT

<p>It's common that issues may relate to one another.</p> <p>Or an issue could have several sub-issues. So when living with a serious health issue, whether you have it or are in a caring role, you may be dealing with managing the impact of the health issue, accepting what has happened to you and your family, trying to find a rebalance in family relationships, dealing with healthcare providers, parenting, continuing with your job, etc.</p>	<p>Your issue may focus on</p> <ul style="list-style-type: none"> <li>• Resolving a difficult situation</li> <li>• Moving on from something negative to something more positive</li> <li>• Answering a question for yourself</li> <li>• Building on a recent success</li> <li>• Realising a long-held dream</li> <li>• Or just be about doing something positive for yourself</li> </ul>
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## Wellness Assessment

- Note in the box to the right those areas of your life where things are going well. Think about what is contributing to that – what do you do, say, think, and feel which enables these areas of your life to go well? What are others doing, saying, thinking, and feeling? You may learn something that you do which helps you to make things go well and which you can then do in another part of your life.

### IMPORTANT

When you reflect on what you do, say, think and feel, you are engaging your senses. This helps to ensure you take a holistic approach to change.

#### What is going well in my life

- Select up to 8 issues. They may relate to things you want to change or things that are going well in your life. It is your choice. If you have only 2 or 4 for example, that is fine. Note them in the box to the right.
- Refer to the Wheel of Wellness on page 7. Give each issue its own section of the wheel and write the issue in the box provided.
- Note the priority of the issues by ranking them. Ensure these priorities are yours, not what someone else thinks you 'should' do.

#### My issues

7. Rate your current level of wellness for each issue on a scale of 1 to 10. A dotted circle represents each number on that scale. As you do this, notice what it is like for you at your current level of wellness: what you are doing, saying, feeling and thinking?

## IMPORTANT

You define the parameters of the scale - 10 does not have to mean the best or perfect and 1 does not have to mean the worst.

10 and 1 can mean what you want them to mean and that can differ for each issue.

**You now have a visual representation of your level of wellness for each issue.**

8. The next step is to identify your desired level of wellness for each issue. Ask yourself: If I sorted this issue and was happy with the results, what level would I be at?

Remember, aiming for a 7 or 8 can be good enough. Small steps over time are very achievable and can be very motivating.

You may want to use a different coloured pen or pencil to mark your desired level of wellness.

9. For each issue, notice what your desired level of wellness is like: what you are doing, saying, feeling and thinking? How is it different from how you are at your current level? Make a note in the box to the right.

**What am I doing, saying, feeling and thinking differently?**

## Wellness Assessment

10. For each issue, identify the steps you can take to move towards your desired level of wellness. Do this by noticing what ½ or 1 point up the scale would be like for you: what you are doing, saying, feeling and thinking that is different.

If it takes time to come up with some ideas, that is ok. Put this to one side and let things percolate in the back of your mind for a time. You may find things come to you as you are doing another activity.

**You've completed your Wellness Assessment!**

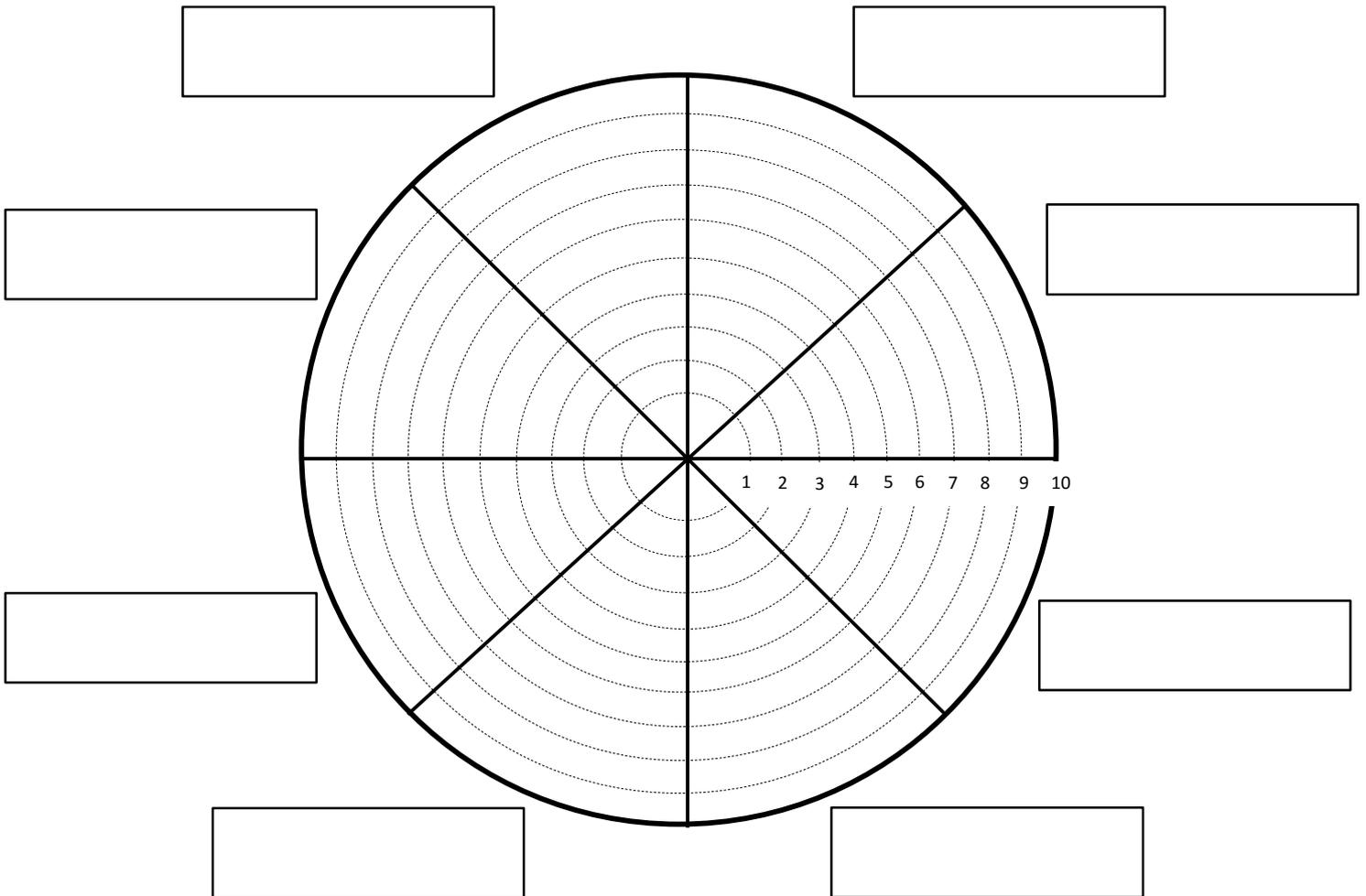
For each issue, what is ½ or 1 point up the scale like for me?

**Want to turn your Wheel of Wellness into an action plan and receive 1-1 tailored support as you put it into action?**

Have a look at my [coaching packages](#) & email me at [barbara@returntowellness.co.uk](mailto:barbara@returntowellness.co.uk)

And if you think anyone else would benefit from the Wheel of Wellness, they can get their copy at [www.returntowellness.co.uk/sign-up](http://www.returntowellness.co.uk/sign-up)

## Your Wheel of Wellness

The 'Wheel of Wellness' is a circular assessment tool. It consists of a large circle divided into eight equal segments by four intersecting lines (vertical, horizontal, and two diagonal). The circle is further divided into ten concentric rings by dashed lines. The rightmost horizontal segment is labeled with numbers 1 through 10, starting from the center and moving outwards. Surrounding the circle are eight empty rectangular boxes, one for each segment, intended for labeling the segments.

### References

The Wheel of Wellness is based on the Wheel of Life concept from:

- Whitworth, L., Kimsey-House, K., Kimsey-House, H., and Sandahl, P. (2007) *Co-active Coaching: New skills for coaching people towards success in work and life*, 2nd edition. Mountain View, CA: Davies-Black Publishing.

The scaling technique used within the Wheel of Wellness was drawn from Solutions Focused coaching:

- Berg, I.K., Szabo, P. (2005) *Brief Coaching for Lasting Solutions*, New York, N.Y.: W.W Norton & Company, Inc.