**WELNESS**

***Work*:** (Ministry) Enjoying ministry. Appreciating your skill, talents and gifts. This dimension of wellness recognizes the importance of satisfaction, enrichment and meaning through your ministry.

***Emotional:*** involves accepting and exploring who you are, enhancing your inner resources to reduce stress and maintaining a positive outlook on life.

***Lifelong learning*:** Being engaged in creative, stimulating mental activities expanding your knowledge and skills, and using your talents to help others and solve problems.

***Nurturing Relationships:*** Giving and receiving support through relationships.

***Exercise* & *Physical Wellness:*** is about creating opportunities for healthy eating, active living and self-care practices that will support your health and wellness.

***Spiritual:*** Growing as a spiritually healthy leader. Have a Spiritual health plan. Have a daily habit of being with God through prayer and scripture not for the purpose of prep or your appointment but for your own spiritual life.

***Stewardship*:** Living a generous life with the resources God has given you. Living within your means and managing finances for the long & short term.

WELNESS Wheel Worksheet to be printed Version 9.5

**Step one Instructions**

The 7 sections represent 7 dimensions of well-being.

* Take the centre of the wheel as the lowest level with the outer edge as highest, objectively as you can, score each area by drawing a line to create a new outer edge (see example)
* The new perimeter of the circle represents **your** “wheel of welness.” Is it a bumpy ride?

**EXAMPLE**

8

9

7

2

4

5

8

6

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 **Name: Date:**

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth. *- University of California, Davis USA*

**WELNESS** **WHEEL**

1. Mark ( see back page for instructions)

10

9

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Work

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Nurturing Relationships

Stewardship

Emotional

Exercise

Learning

Spiritual

10

9

8

7

6

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4

3

2

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2. Reflect

* What could I do **More** of…
* What could I do **Less** of…
* What could I **Start** doing…
* What could I **Stop** doing…
* What am I doing **Well** at…
1. SMART Goals

Set SMART goals for the top 2 or 3 dimensions that will help improve your wellbeing. (This is a Qld requirement for taking compassionate leave over 7 days)

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**Tip:** Refer to the WELNESS Wheel Resource booklet for suggestions of books, online resources, and services.

4. Accountability

Review these goals with your Line manager or delegate