

SAMHSA's 8 dimensions of wellness

YOUR WELLNESS WHEEL

Score your current level of happiness in each of the sections on this wheel. The scale is 1-5. 1 is your lowest level of happiness and 5 is your highest level of happiness. You can either fill the corresponding section in or you can write some reasons for your score in that section – either way works. Then you can draw lines connecting each section like the example provided by the dotted lines. This is your wheel and it can show you quickly what is working and what still needs improvement. Good luck on your wellness journey.

Key

1. I am very unhappy with this part of my life.
2. I am unhappy with this part of my life, but I haven't hit rock-bottom.
3. This part of my life is pretty good but could still use some improvement.
4. I am content with this part of my life, but I can see a few tweaks that would make it even better.
5. I am completely happy and fulfilled in this part of my life – there is no room for improvement.

