

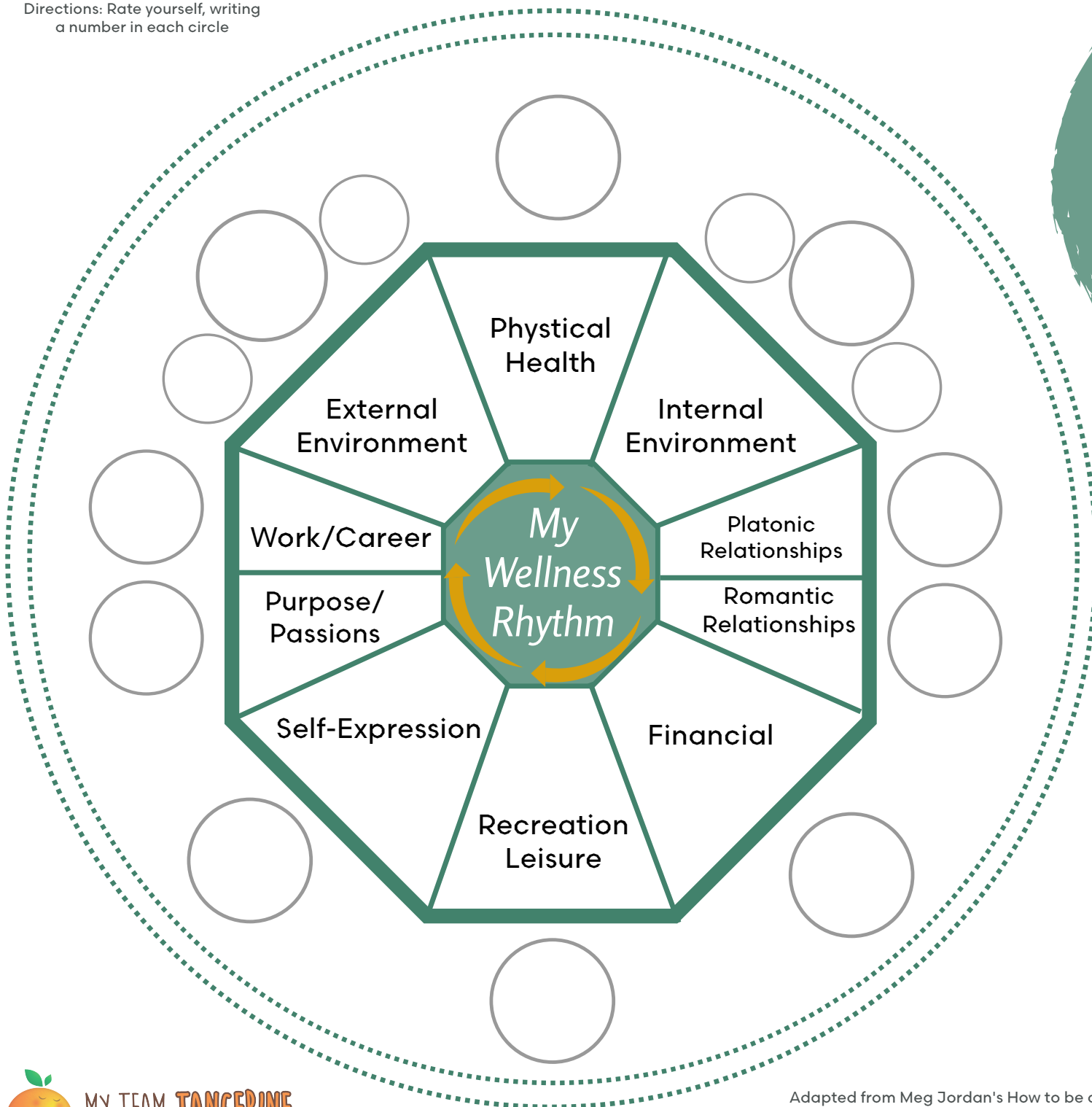
Name:



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Directions: Rate yourself, writing a number in each circle



"Your life is like a dance in constant motion. Therefore, balance is not a point you hold, but how well you learn to keep your rhythm."

Hannah Mich

Rating Scale

- 7= Very Satisfied
- 6- Moderately Satisfied
- 5- Slightly Satisfied
- 4- Neutral
- 3- Slightly Dissatisfied
- 2- Moderately Dissatisfied
- 1 - Very Dissatisfied
- 0 - N/A

My Wellness Rhythm

Category Descriptions

Flow = A state where you are fully immersed in what you are doing. Fully focused & content.

External Environment

- Place of work
 - Home
- Organized
- Safe
- Free of Pollutants
- Calm to your senses

Purpose/Passions

- Clarity on purpose
- Freedom to pursue
- Inspired/motivated
 - Success
 - Flow
 - Support
- Shared with others

Work

- Clarity on purpose
- Freedom to pursue
- Inspired/motivated
 - Success
 - Flow
 - Support
- Appreciated

Self-Expression

- Freedom to express
- Inspired/motivated
 - Flow
 - Support
 - Self-worth
- Self-confidence
- Self-care

Physical Health

- Vitality
- Living a healthy lifestyle
 - Healthy diet
 - Exercise
- Free of addictions
- Free of illness or injury
- Sufficient sleep/rest



Recreation Leisure

- Balance between work and play
 - Fun/Joy
 - Relaxed
- Shared with others
- Rejuvenating

Platonic Relationships

- Belong to a community
- Close Friendships
- Bond with family
- Feel supported
- Healthy boundaries
 - Respect
 - Trust
- Be authentic self

Financial

- Needs are met
- Sufficient income
- Healthy debt to income ratio
- Emergency resources
- Feeling of security
- Ability to pursue some wants

Internal Environment

- Mental Health
- Emotional Health
- Spiritual Health/Faith
 - Positive Mindset
 - Happiness
- Sense of worthiness
- Sense of belonging
- Self-acceptance
- Part of something bigger

Romantic Relationships

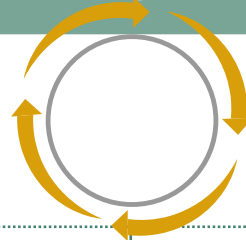
- Emotional Intimacy
- Healthy Attachment
 - Sexual pleasure
 - Communication
 - Feel supported
- Healthy boundaries
 - Respect
 - Trust
- Can be authentic self



My Wellness Rhythm - Journal

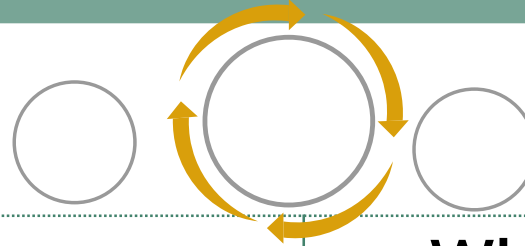


Physical
Health



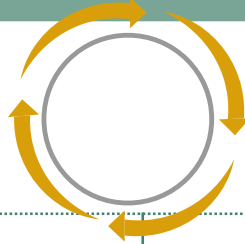
What I like...

What I don't like...



What I like...

What I don't like...



What I like...

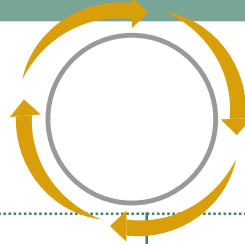
What I don't like...



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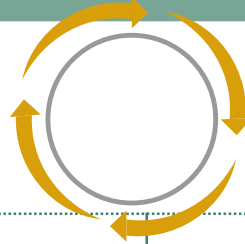


Romantic Relationships



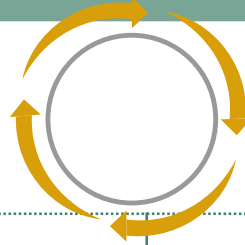
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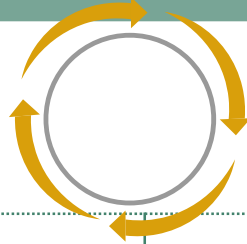
What I like...

What I don't like...



My Wellness Rhythm - Journal

**Self-
Expression**



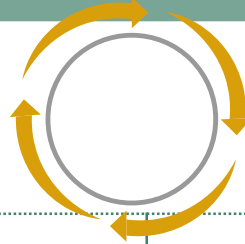
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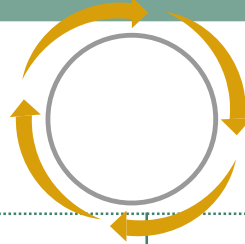
My Wellness Rhythm - Journal

**Purpose/
Passion**



What I like...

What I don't like...

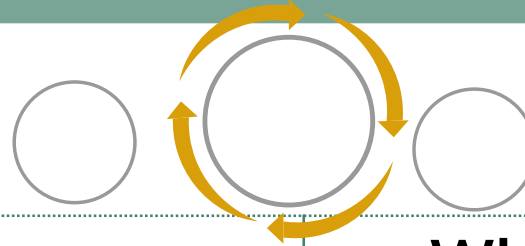


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What I don't like...



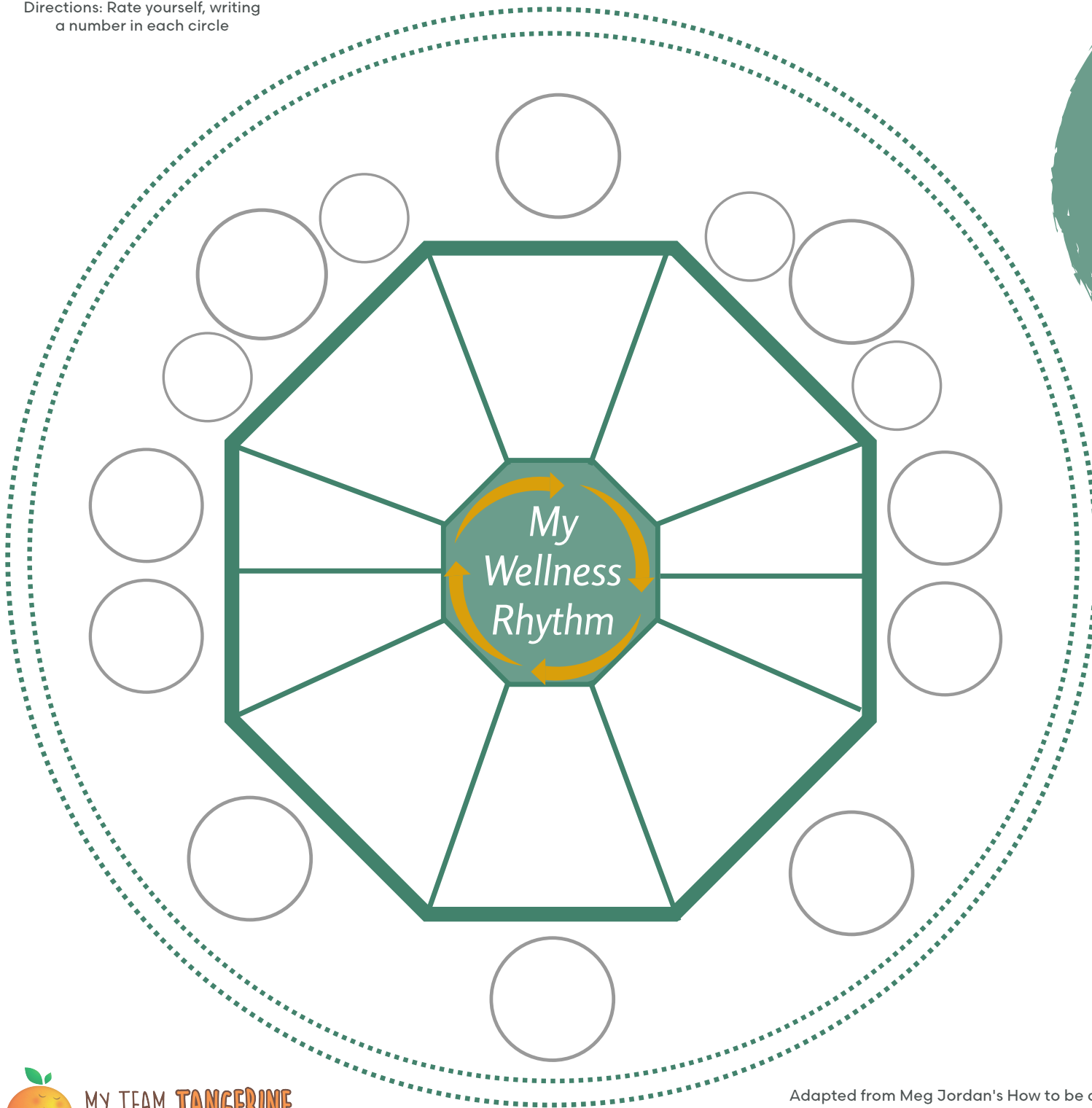
External Environment



What I like...

What I don't like...

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