

Wellness Balance Worksheet

Introduction

This worksheet is designed to help you assess and enhance your holistic health by reflecting on your mental, physical, emotional, and spiritual well-being. Use the prompts below to explore how balanced your life currently is and identify areas for growth.

1. Self-Assessment: Rate Your Current Well-being (1 = Low, 5 = High)

[] Mental clarity and focus

[] Emotional resilience and mood stability

[] Physical energy and fitness

[] Nutrition and hydration

[] Sleep quality

[] Spiritual connection or sense of purpose

[] Work-life balance

[] Social support and relationships

2. Reflection Questions

- What areas of your health and well-being need the most attention?
- What does balance mean to you in your current life stage?
- Which daily habits currently support your overall wellness?

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- Which habits are working against your long-term fulfillment?
- What is one small action you can take this week to improve balance?

3. Your Wellness Vision

Imagine your life one year from now, where you feel truly balanced and fulfilled. Describe what that looks and feels like across all areas of your life.
