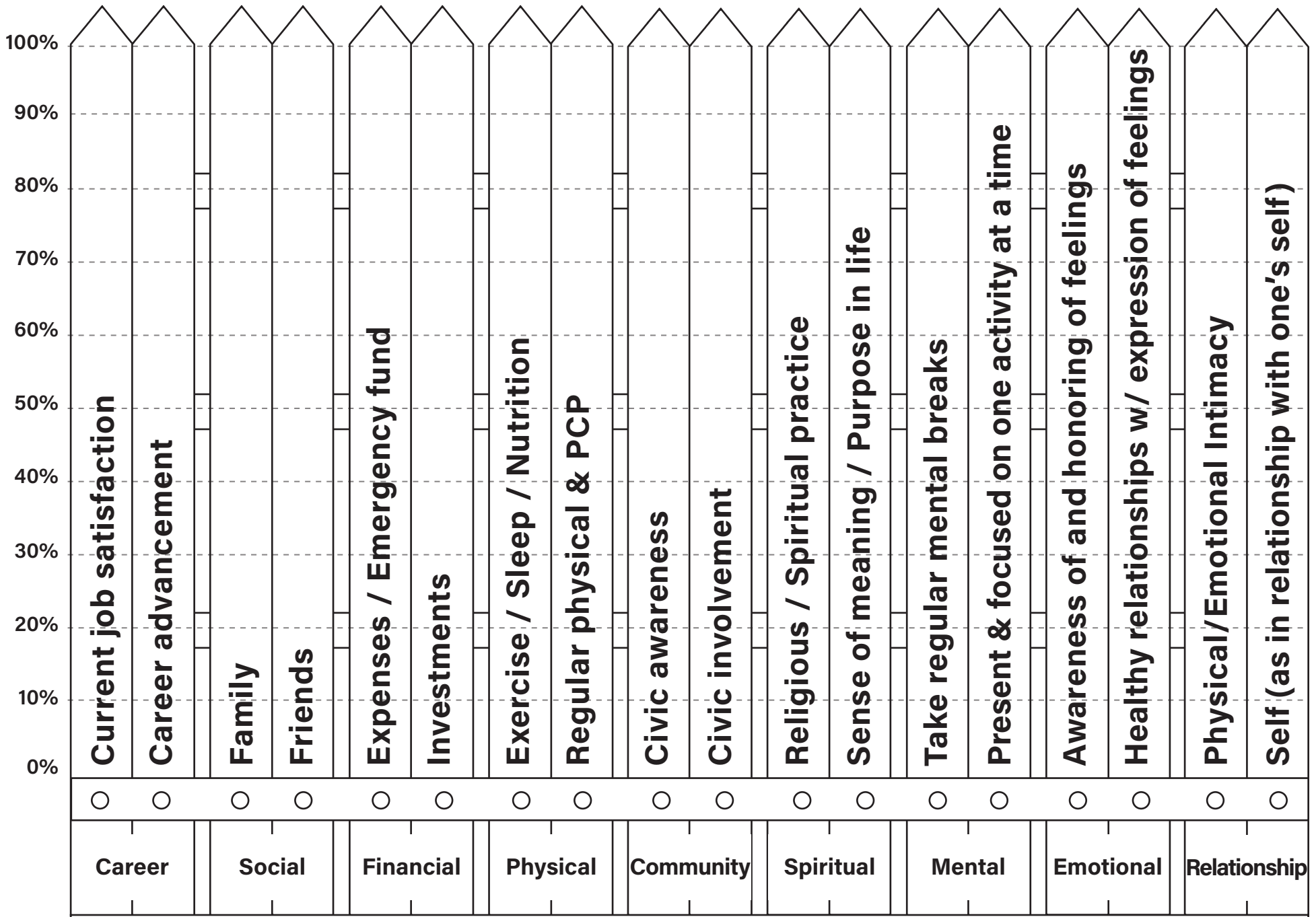


**% of satisfaction in this area of your life**



# **WALL OF WELLNESS AND WELL-BEING**

©Activate Success 2023 - Concept adapted from Myers, Sweeney & Witmer (2000).

## **Instructions:**

The Wall of Wellness and Well-Being is a tool designed to help you think about your level of satisfaction with different areas of your life. Please review each of the area of the wall and its component parts. For example, think about your career from the perspective of both your current job and your overall career. Put a line in each of these areas (planks in the wall) at your level of satisfaction.. and shade the area in that plank below that line with a pencil or highlighter. Repeat this process for all the areas of the wall.

Once you have completed this exercise, sit back and look at your wall. What elements are strongest? What elements contain your lowest levels of satisfaction? Use this tool to assess where your life needs more attention in order to feel a greater sense of balance and overall wellness. Please note that the more areas of your life that are lower in satisfaction, then the greater the challenge that this presents to your overall sense of wellness and well-being. The more gaps that exist in your “wall”, the more vulnerable you will likely be to burnout and stress.

Think about sharing the results of this exercise with a trusted colleague, close friend, or coach. Most importantly, use this opportunity to think about how you can increase your sense of wellness and well-being in your life.

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