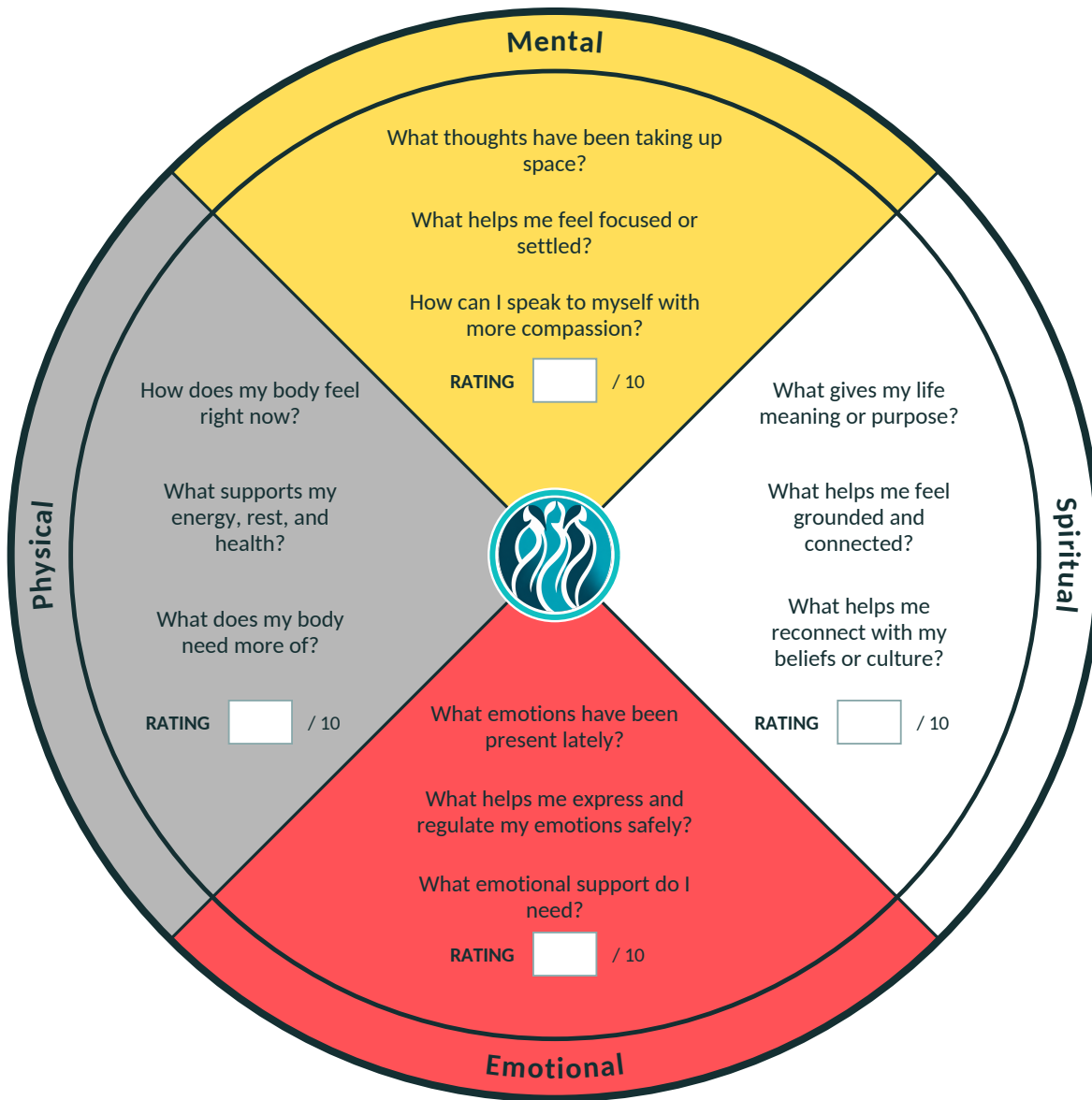


Circle of Wellness

Instructions: Reflect on each area and rate it from 1-10.

1 means "needs support," and 10 means "feels strong." Then review your responses.



The diagram is a circle divided into four quadrants, each representing a different aspect of wellness. At the center is a circular logo with three stylized, flowing figures in blue and white. The quadrants are: Mental (yellow), Spiritual (white), Emotional (red), and Physical (grey). Each quadrant contains three reflective questions and a rating box labeled 'RATING' followed by a blank box and '/ 10'.

Mental

- What thoughts have been taking up space?
- What helps me feel focused or settled?
- How can I speak to myself with more compassion?
- RATING / 10

Spiritual

- What gives my life meaning or purpose?
- What helps me feel grounded and connected?
- What helps me reconnect with my beliefs or culture?
- RATING / 10

Emotional

- What emotions have been present lately?
- What helps me express and regulate my emotions safely?
- What emotional support do I need?
- RATING / 10

Physical

- How does my body feel right now?
- What supports my energy, rest, and health?
- What does my body need more of?
- RATING / 10

Personal Wellness

Which area feels strongest? Which needs the most support?

OVERALL REFLECTION



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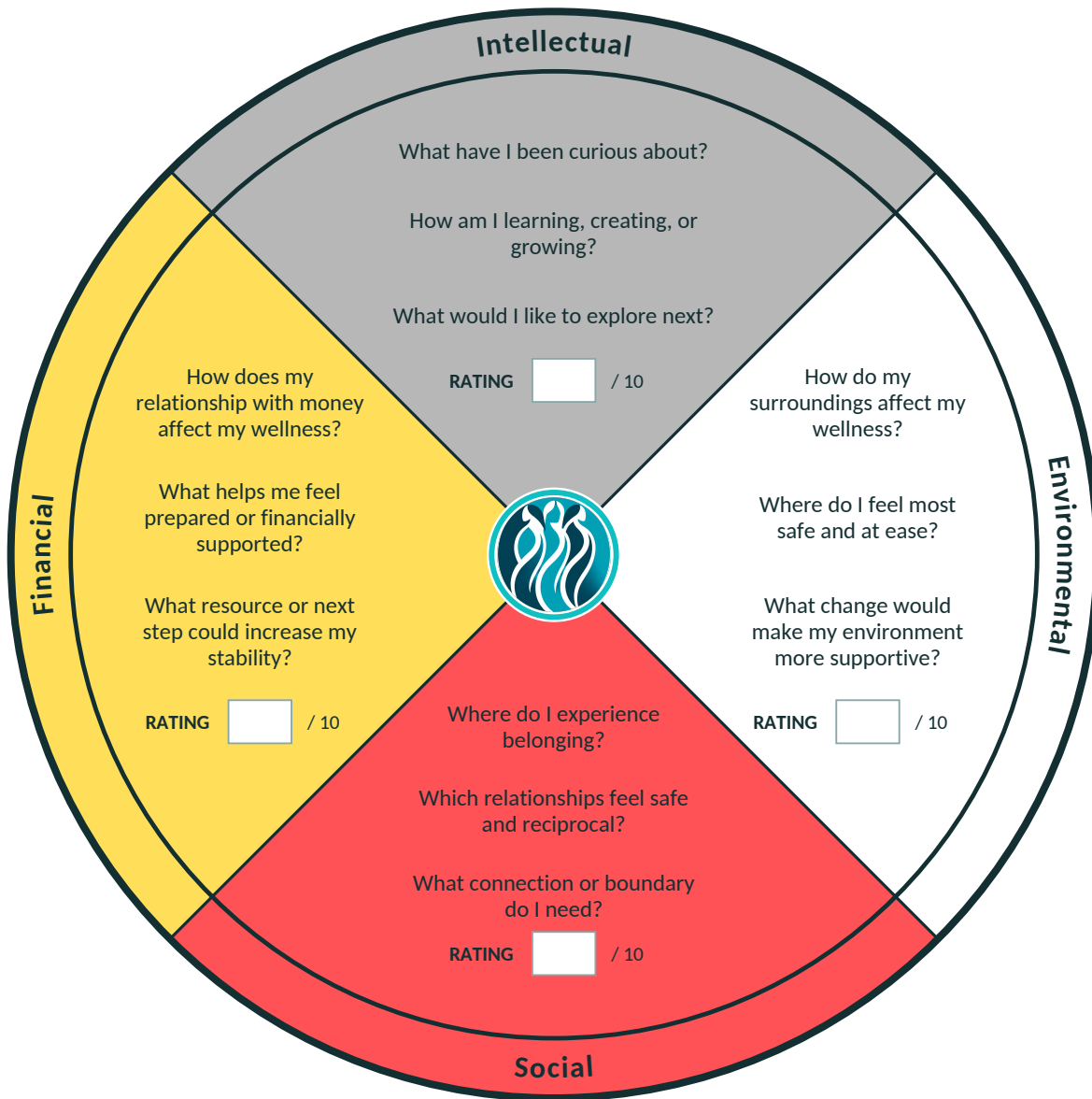
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Medicine Wheel Reflection | 1 of 4

Circle of Wellness

Instructions: Reflect on each area and rate it from 1-10.

1 means "needs support," and 10 means "feels strong." Then review your responses.



The Circle of Wellness is a circular diagram divided into four quadrants, each representing a different aspect of wellness. At the center is a logo featuring three stylized figures in a circle. Each quadrant contains three reflective questions and a rating scale from 1 to 10.

- Intellectual (Grey Quadrant):**
 - What have I been curious about?
 - How am I learning, creating, or growing?
 - What would I like to explore next?
 - RATING / 10
- Environmental (White Quadrant):**
 - How do my surroundings affect my wellness?
 - Where do I feel most safe and at ease?
 - What change would make my environment more supportive?
 - RATING / 10
- Social (Red Quadrant):**
 - Where do I experience belonging?
 - Which relationships feel safe and reciprocal?
 - What connection or boundary do I need?
 - RATING / 10
- Financial (Yellow Quadrant):**
 - How does my relationship with money affect my wellness?
 - What helps me feel prepared or financially supported?
 - What resource or next step could increase my stability?
 - RATING / 10

Relational & Practical Wellness

Which area feels strongest? Which needs the most support?

OVERALL REFLECTION



Wellness Ideas & Examples

Use these ideas as inspiration, then add practices that fit your needs, values, culture, and circumstances.

Physical

Body, health, movement, rest, nourishment

IDEAS TO TRY

Drinking enough water	Managing chronic illness
Eating nourishing foods	Reducing screen time before bed
Stretching or walking	Practicing body awareness
Going to medical appointments	Spending time outside
Taking medication consistently	Creating healthy routines
Getting enough sleep	Improving hygiene and self-care
Resting when tired	Listening to body signals
Strength training	

MY OWN IDEAS

Spiritual

Meaning, purpose, connection, beliefs, ceremony

IDEAS TO TRY

Prayer or meditation	Finding purpose
Practicing gratitude	Acts of kindness
Spending time in nature	Connecting with values
Participating in ceremony	Quiet reflection
Mindfulness practices	Feeling connected to something bigger
Reading spiritual teachings	
Cultural practices	

MY OWN IDEAS

Emotional

Feelings, emotional expression, regulation, healing

IDEAS TO TRY

Identifying emotions	Learning attachment patterns
Crying when needed	Healing from trauma
Processing grief	Managing anger
Emotional regulation skills	Feeling emotions without judgment
Expressing needs	Practicing forgiveness
Healthy communication	Building self-esteem
Self-compassion	Creating emotional safety
Allowing vulnerability	

MY OWN IDEAS

Mental

Thoughts, mindset, focus, coping, awareness

IDEAS TO TRY

Positive self-talk	Taking breaks from overstimulation
Setting boundaries	Organizing tasks
Learning coping skills	Reducing perfectionism
Challenging negative thoughts	Asking for help
Practicing mindfulness	Creating routines
Journaling	Time management
Managing stress	Managing burnout
Participating in therapy	

MY OWN IDEAS



Wellness Ideas & Examples

Use these ideas as inspiration, then add practices that fit your needs, values, culture, and circumstances.

Intellectual

Learning, creativity, curiosity, growth

IDEAS TO TRY

Reading books	Trying new hobbies
Learning a new skill	Critical thinking
Attending trainings or workshops	Writing
Creative expression	Artistic expression
Problem-solving	Learning about culture and history
Exploring new ideas	Goal setting
Listening to podcasts	Engaging in meaningful conversations
Continuing education	

MY OWN IDEAS

Environmental

Relationship with surroundings, safety, organization, land

IDEAS TO TRY

Cleaning and organizing space	Connecting with land
Reducing clutter	Gardening
Creating peaceful environments	Using calming scents or music
Spending time outdoors	Maintaining boundaries in shared spaces
Recycling and sustainability	Reducing noise and stressors
Decorating in meaningful ways	Opening windows for natural light
Limiting chaotic environments	Creating sacred space

MY OWN IDEAS

Social

Relationships, support systems, community, belonging

IDEAS TO TRY

Spending time with supportive people	Reconnecting with culture and community
Healthy communication	Reducing isolation
Participating in community events	Dating intentionally
Building friendships	Attending support groups
Asking for support	Finding safe relationships
Setting social boundaries	Conflict resolution
Volunteering	Feeling a sense of belonging
Joining groups or organizations	

MY OWN IDEAS

Financial

Security, stability, resources, relationship with money

IDEAS TO TRY

Budgeting	Planning for emergencies
Saving money	Understanding insurance and benefits
Paying bills on time	Applying for assistance programs
Reducing debt	Career development
Asking for financial support or resources	Investing in long-term goals
Building financial literacy	Managing impulsive spending
Creating income goals	Building stability
Setting boundaries around spending	

MY OWN IDEAS

This worksheet is intended for educational and personal reflection purposes and is not a diagnostic or clinical assessment tool.

