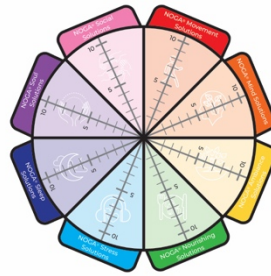


NOGA WELLNESS SOLUTIONS®

WHEEL OF WELLBEING

For Life Satisfaction™











8 NOGA® Wellness Categories

CLOSE YOUR EYES AND IMAGINE A HEALTHY AND ‘SATISFYING LIFE.’ WHAT MIGHT THIS LIFE LOOK LIKE FOR YOU IN EACH AREA BELOW. GOING CLOCKWISE, RELATIVE TO THAT IMAGE, TRY TO ASSESS YOURSELF IN A SPONTANEOUS MANNER IN EACH CATEGORY REGARDING WHERE YOU ARE TODAY VIS A VIS THE IMAGE OF YOUR ‘SATISFYING LIFE.’

INSTRUCTIONS:

Date, fill out and color this form as often as you feel growth (or the opposite). Draw a line across each segment that represents your satisfaction score for each area. The center is 0. Mark 0 for very dissatisfied and 10 for fully satisfied with your experience and efforts in this area. Draw a line at that level, feel free to color in the approximate color if you’d like (with colored pencil or marker). Try to be spontaneous in your response. Don’t think too deeply into it. Think about the most satisfying or successful life overall, and what balance you would consider ideals for each segment. We’re all unique. Some people prefer involvement in certain activities and not others. This is to create a healthier mission/life balance. The more areas that are colored in will help you live a fuller and fulfilled life. See if a trusted mentor, friend, or relative who knows you well is willing to assess you before s/he looks at your “version” of your self-assessment. What would a “10” in the various areas look like for YOU. (It doesn’t need to be perfect for other people’s standards...It needs to fill YOUR needs.) Where do you see possible improvement? What might your plan of action look like? What other support might you need for these changes? How might you fit different things in? Can you prioritize which areas you would like to start “tweaking up?” If there were a “keystone” intervention that might affect other areas, what might it be? Pick only one or two areas of growth and find small, incremental changes to implement.

Start with:

-  **Red** - How much movement, exercise do you do? It does NOT need to be “formal” exercise. Consider “NEAT” - Non-Exercise Activity Thermogenesis - activities such as gardening, walking, taking the steps instead of the elevator, cleaning a house, etc.
-  **Orange** - Are you engaging in mentally stimulating things? Learning, studying, doing puzzles, and meditation are included here.
-  **Yellow** - Is your environment conducive to wellness? Do you have a safe and healthy living space and atmosphere? Are there any toxic materials (chemicals or mold) or people in your environment who are overly taxing?
-  **Green** - Are you eating healthfully? Each person’s diet is unique, but we all know chemicals and ultra-processed food are not healthy. My motto, “If you can’t read it, don’t eat it.”
-  **Sky Blue** - Are you giving yourself time for relaxation? Try to practice conscious breathing, meditation, go outside and being in nature, listening to relaxing programs, music, or audios.
-  **Dark Blue** - Are you sleeping 7-8 contiguous hours? If you awaken, can you fall back asleep after arousal? Do you have a sleep hygiene? (See Sleep Hygiene for Adults - RD Wallen)
-  **Purple** - Are you feeding your spiritual/soul side? Consider Torah learning for yourself (not just teaching others), prayer, religious gatherings, chavrusas, etc.
-  **Pink** - Are you maintaining and developing social connections for yourself? Do you “get out much?” Even during less social time in the past two years, are you reaching out via phone or video call when travel has been difficult?

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Name: _____

Date: _____

