

Wholeness Wheel: What is one or maybe two parts of the wheel you would like to focus on at the moment?

Is there one or two practices you may consider trying or continuing?



SAVERS: Routine: Silence, Affirmation, Visualize, Exercise, Read, Scribe

Areas of Well-Being: Questions to consider & space for notes/answers:

1. **Vocational:** How will I serve? "Vocatio" in Latin means, "Voice," or "Calling" and it is always in serving others. You may be retired or working, but how will you serve/do acts of kindness?
2. **Intellectual:** What will help me sharpen my mind? (Reading, puzzles, games, conversations)
3. **Social:** What is the next step for me for meaningful connection?
4. **Emotional:** How can gratitude and mindfulness enhance my mood?
5. **Physical:** What goals do I have to be healthier? (rest, nutrition, hydration, exercise)
6. **Financial:** What careful planning am I doing to be a good steward?
7. **Spiritual:** Is there a breathing or meditation exercise that works for me?