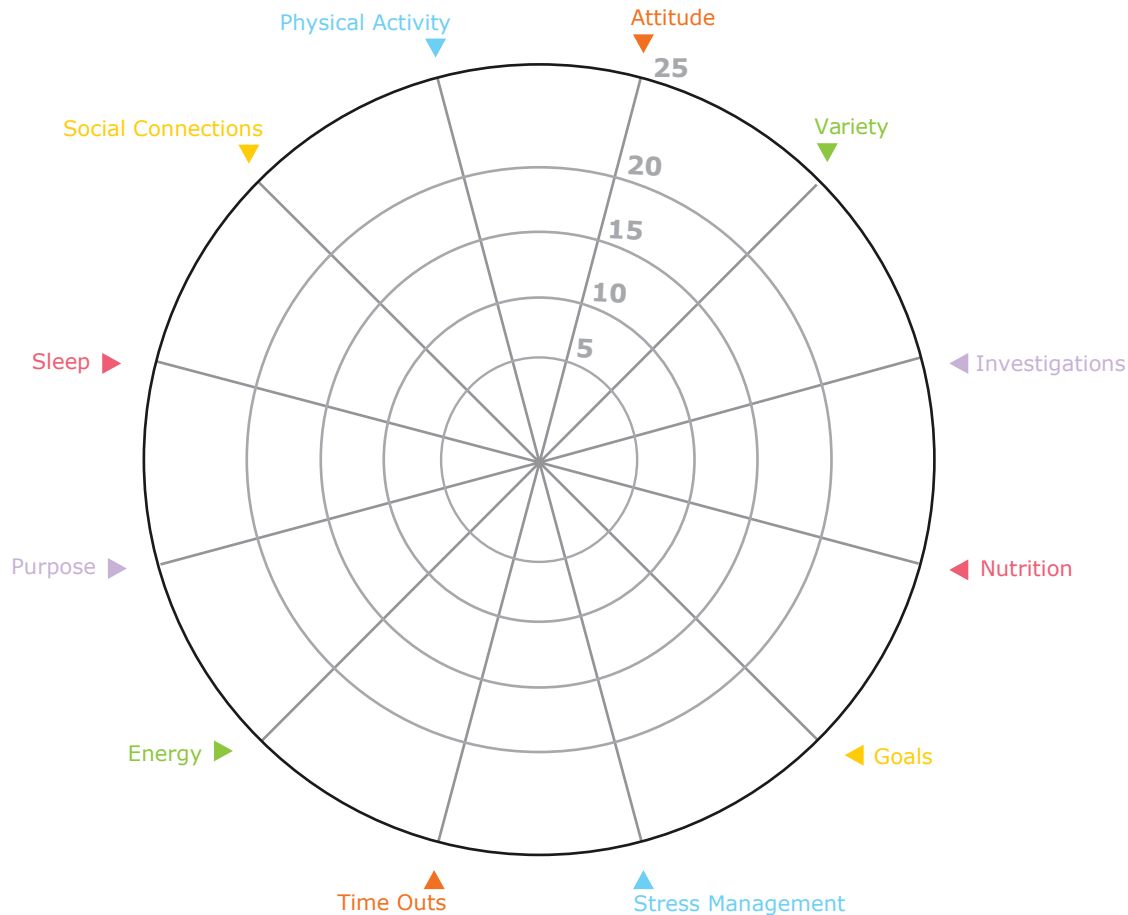




# PAVING the Path to Wellness

## KNOWme

## Measuring your Overall Wellness Using the PAVING Wheel



### HOW TO USE THIS PAVING WHEEL

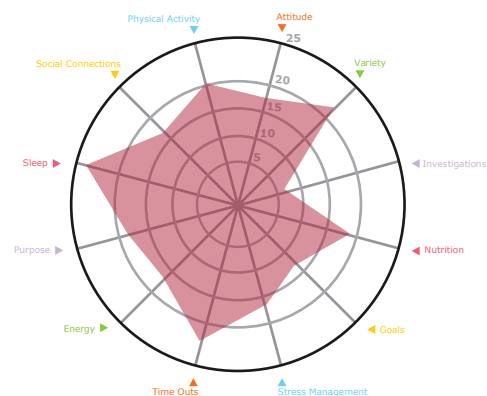
**SCORE** Plot your total scores for each component of the PAVING Wheel.

**CONNECT** Connect your scores.

**EVALUATE** Use the resulting PAVING Wheel (see example to the right) to evaluate areas where you may want to improve ~~and consult the corresponding Module for more guidance.~~

**RE-EVALUATE** regularly by re-using this PAVING Wheel whenever you want to gauge your overall wellness and areas where you may want to improve.

### EXAMPLE



BETH SAYS



“There are no right or wrong answers. No scores are good or bad. Using the PAVING Wheel is for you alone to assess your Wellness and identify areas to improve your own personal Wellness.”

## INSTRUCTIONS

Rank each item on a scale of 1-5. The Key is below. Calculate the subtotal of each of the 12 sections and plot them on the PAVING Wheel on page 1.

1	Never do this	2	Only rarely do this	3	Sometimes do this	4	Often do this	5	Do this regularly as part of my routine
<b>MODULE 1 Physical Activity</b>									
	I exercise 5 days in the week for about a half an hour.								
	I enjoy myself when I exercise.								
	I perform strength training exercises twice a week.								
	I perform flexibility exercises routinely.								
	I perform balance exercises routinely.								
Physical Activity Total:									
<b>MODULE 1 Stress</b>									
	I have learned about stress and its effect on the mind and body.								
	I am familiar with stress reduction techniques, and I use at least one when I feel that I am anxious, annoyed, or worried.								
	I know about stress resiliency, and I practice enhancing my resiliency on a regular basis.								
	I don't get angry easily.								
	I meditate, take deep breaths, practice yoga, or do mindfulness based stress reduction (MBSR) regularly.								
Stress Total:									
<b>MODULE 2 Attitude</b>									
	I use mistakes as opportunities to learn and grow.								
	I write thank you notes or express my gratitude verbally.								
	I celebrate success when it happens.								
	I concentrate on the task at hand fully without distraction.								
	I am optimistic about the day.								
Attitude Total:									
<b>MODULE 2 Time outs</b>									
	If I sit for over an hour, I stand up and take a break for five minutes each hour.								
	If I feel frustrated and annoyed, I take a few deep breaths to calm down.								
	I take my vacation every year.								
	When I am at home, I make sure to turn off my computer and put my work projects away at least for an hour at dinner time.								
	After working on the same project for a few hours, I step away from it to get perspective on it.								
Time Outs Total:									
<b>MODULE 3 Variety</b>									
	I do a variety of different exercises.								
	I try to have a rainbow of colors on my plate.								
	I enjoy a variety of fruits and vegetables.								
	I like to try new activities.								
	I spend time and connect with a wide range of friends.								
Variety Total:									
<b>MODULE 3 Energy</b>									
	I have a friend who I know energizes me.								
	I have identified at least one activity that brings me joy and energy.								
	I am able to avoid situations and people that drain my energy.								
	I only drink two cups of coffee a day.								
	I don't rely on sugar/sweets or cookies for a quick energy fix.								
Energy Total:									
<b>MODULE 4 Investigations</b>									
	I perform mini experiments on myself regularly.								
	I am curious as to what foods are good for my body.								
	I am curious as to what effect physical activity has on my body.								
	I read about the latest research findings in medicine, nutrition, sleep, stress management, and/or exercise.								
	I talk about health with family and friends.								
Investigations Total:									
<b>MODULE 4 Purpose</b>									
	I feel that I have a clear purpose in life.								
	I am able to prioritize my activities and projects easily.								
	I make sure that my activities and projects are in alignment with my values.								
	I have identified the people and activities that are most important to me.								
	I am using my strengths to fulfill my purpose.								
Purpose Total:									
<b>MODULE 5 Nutrition</b>									
	I eat 4 fruits a day.								
	I eat 5 or more vegetables a day.								
Nutrition Total:									
<b>MODULE 5 Sleep</b>									
	I sleep 7-8 hours a night.								
	I don't drink coffee after noon time.								
	I have a bedtime routine in which I relax before bed.								
	I don't sleep with my phone on in the bedroom.								
	I take 20 minute naps when I am over tired.								
Sleep Total:									
<b>MODULE 6 Goals</b>									
	I set long-term goals for myself, share them with someone, and review them.								
	I set three-month goals for myself, share them with someone, and work toward them.								
	I set monthly goals and share them with someone.								
	I set weekly goals and share them with someone.								
	I set daily goals for myself and keep myself accountable for them.								
Goals Total:									
<b>MODULE 6 Social</b>									
	I can name at least one person who brings me strength.								
	I am involved with a group (activity, exercise class, art class, religious affiliation or the like)								
	I visit with friends on the phone or in person at least 5 times a week.								
	I have a healthy relationship with my spouse, partner, or best friend.								
	I have a pet or plant that I can nurture and spend time with every day.								
Social Total:									