

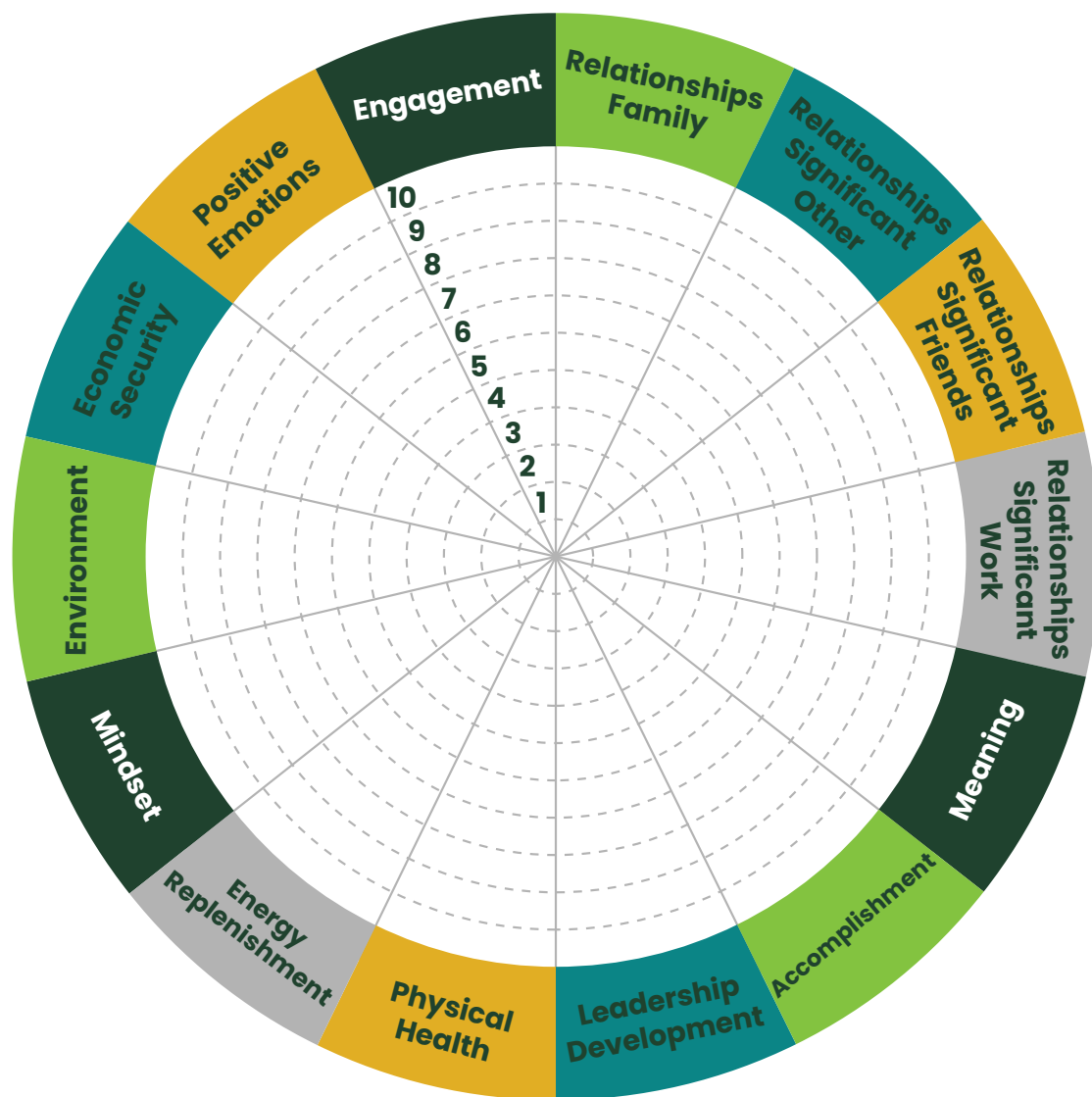
The Wheel of Vitality

Directions: The 14 sections in the Wheel of Vitality represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank each life area on a scale of 1 being the lowest level and 10 being at the highest level.



CONNECTED EC

THRIVING LEADERS. CONNECTED TEAMS. POSITIVE CULTURES.



Positive emotions: experiencing happiness, joy, gratitude, etc.

Engagement: using your strengths to meet challenges; experiencing flow

Relationships: connecting with others; love and be loved, family, friends and significant other, work relationships and connections

Meaning: connect to meaning; find your purpose

Accomplishment: career and personal: pursue and accomplish goals; strive for greatness

Leadership Development: capacity and skills in leadership

Physical Health: biological, functional, and psychological health assets

Energy Replenishment: ability to replenish resources of the mind and body

Mindset: future-oriented, growth mindset, perseverance

Environment: all environments you live/work also access to natural light, nature, physiological safety

Economic Security: perception of financial security