



Wheel of Health

Client Name: _____ ID: _____ Date: _____

A wheel is a common metaphor used in therapy and coaching to support taking a holistic view of our lives and assessing what areas could be strengthened to improve balance/well-roundedness and experience a “smoother” ride.

The Wheel of Health helps to focus on the development areas that can help you in succeeding in your activities that you need or want to do. The following steps will guide you in creating your own wheel, where you can identify up to 8 categories that you may want to focus on with your occupational therapist.

Step 1 of 2

Which categories, if improved, would have the biggest impact in your daily activities?

Choose your top 5 to 8 categories. Blank spaces are provided for you to incorporate your own. Identify those categories that resonate most with YOU—that apply to your situation, right now.

Possible Categories

<ul style="list-style-type: none"> ● General physical health ● Managing stress ● Confidence ● Balanced diet / nutrition ● Housing situation ● Self-care (i.e. time for self) ● Sleep hygiene ● Manage symptom of _____ 	<ul style="list-style-type: none"> ● Household management ● Social connection (friends/ family/ community) ● Hobbies/ Leisure ● Coping strategies ● Time Management ● Paid or volunteer work 	
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Step 2 of 2

Consider the centre of the wheel as 0 (low satisfaction) and the outer edge as 10 (high satisfaction). Score your level of satisfaction in each area by drawing a line to create a new outer edge (see example)

