

MY WELLNESS PIE

PURPOSE

This activity will help you identify which aspects of your life are most important for your well-being and what things you might want to focus on in the future.

INSTRUCTIONS

Think about all the things in your life that impact your well-being. Draw and label a slice of the pie to represent each aspect. The bigger the slice, the more important that aspect is for you. Be sure to have fun with this! Use different colours, symbols, cartoons, or whatever you like to represent the different aspects of your well-being.

Some ideas to consider:

- Relationships with friends
- Appearance
- Role within family
- Fitness
- Morals/attitudes/values
- Spirituality
- Hobbies
- Talents
- Performance at work or school
- Volunteer work

Illustrate how you would like your wellness pie to look six months from now in the circle below. Would the sizes of slices change? Would you include different aspects of your well-being? What aspects would those be?

