

Explore Your Whole Health

A self-guided reflection to help you explore different areas of personal well-being, identify strengths, and recognize opportunities for growth and balance

Welcome

Take a few slow, intentional breaths and allow yourself to arrive fully in this moment. This is time for you—to pause, reflect, and connect with what supports your well-being. There's no right or wrong here, only gentle awareness.

Get to Know the Wheel

The Duke Integrative Medicine Wheel of Health offers a holistic view of what it means to thrive. At the center is Mindful Awareness—the foundation of all well-being. Surrounding it are the key areas that shape your health and balance:

- Mind-Body Connection
- Movement, Exercise, and Rest
- Nutrition
- Personal and Professional Development
- Physical Environment
- Relationships and Communication
- Spirituality



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Reflect and Rate

For each area, take a moment to check in with yourself. On a scale of 1 (low) to 10 (high), how satisfied or balanced do you feel in this area right now? You might write your numbers in a journal or fill them in on your printed wheel.

Then consider:

Which areas feel most solid and fulfilling?

Which areas could use more attention or nourishment?

What patterns or connections do you notice among them?

(Remember: This isn't about judgment—it's about awareness.)

Choose an Area of Focus

Look over your reflections. Which area stands out to you—the one calling for care, curiosity, or growth?

Ask yourself:

Why does this area matter to me right now?

What would greater balance or ease look like here?

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Set a Gentle Intention

Choose one small, meaningful action that supports your chosen area of focus. Use this reflection to guide you:

“I want to bring more balance to [chosen area] by [specific action] because [personal reason or value].”

Examples:

“I want to bring more balance to Movement and Rest by walking after lunch each day because it helps me clear my mind.”

“I want to bring more balance to Relationships by calling my sister once a week because connection brings me joy.”

Keep it simple and realistic. Small steps create lasting change.

Close with Gratitude

Take one final deep breath. Acknowledge the awareness you’ve cultivated and the intention you’ve set. Even the smallest shift in awareness can create ripples of positive change.

“Well-being is a lifelong journey—one breath, one choice, one moment of awareness at a time.”

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