DIGITAL *wellness* WHEEL

As you reflect, take special care to consider how technology is influencing these spheres of your wellness

Intellectual
Education
Learning
Reading
Creativity

Physical
Eating habits / diet
Fitness
Sleep
Relaxation
Environment
Appearance

Social
Relationships
Time
Quality / intimacy
Communication
Support
Community

Spiritual / Emotional
Self-esteem
Purpose / meaning (life)
Values & beliefs
Stress level
Reflection / meditation
Self-awareness

Financial / Professional
Budgeting
Income
Work hours
Performance
Purpose / meaning (work)

Fun / Recreation
Leisure
Hobbies
Passions
Laughter

Digital Wellness Reflection

Use the case studies on the workshop guide to aid in your reflection

Identify 3 wellness priorities / wedges to focus on from the Digital Wellness Wheel:

1.

2.

3.

Privacy Check-in

When considering how to use and / or disconnect from various technologies, always keep privacy considerations in mind. Find tools to help you set priorities & make informed choices here: https://tinyurl.com/PersonalDataPlan

Priority 1:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?

Priority 2:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?

Priority 3:

How is technology negatively and / or positively impacting this area of my wellness?

How can I leverage / cut out technology to improve my wellness? What steps can I take to improve my habits?