Wellness Spectrum

I could work and play and love as I am right now for a long time without worrying about the quality of my relationships, work and health.

I have the time and flexibility to offer energy to unexpected life events, like losses, changes in relationships or health issues.

People know what to expect of my work and personal presence in their life.

I set limits that match my energy level, stress threshold, aspirations, and health.

My calendar is a pretty full, but manageable *and* I'm pleased about the range of personal and work activities on it.

My calendar is a little frightening.

Yeah, I'm often late.

Significant people in my life sometimes find that I'm out of the loop of things that are important to them.

It's hard to get in touch or make plans with me.

I'm over committed. I rush in and out of spaces.

I think I may be letting people down. I don't "show" in spaces in the ways that match the meaning of said spaces.

My work feels sloppy/rushed. Or I don't always finish projects

I often let myself down because I am not fully present in my work/personal life. My mind is frequently juggling thoughts.

Created by Quai Nystrom, 2012