

**July 1, 2026 Email Newsletter Wellness Block:
The Perfect Summer Tool**

Summer is in full swing which means warmer weather, holiday barbeques, and family vacations. Routines shift, and there can be a little more space for reflection between VBS and planning for the fall. Now is a great time to take advantage of a potentially less stressful season to assess your wellness. Taking stock of how things are going allows you to be proactive in setting intentional goals and developing a plan to get there. A perfect tool to check in with yourself is the LCMS Wellness Wheel.

The LCMS Wellness Wheel describes wellness as six dimensions: physical, emotional, relational, financial, vocational, and intellectual. Learn more about the different areas of wellness and how they interact with each other in a previous article titled “Six Ways to Be Well”.

The descriptions are useful, but this tool goes beyond describing holistic health. It’s also an assessment you can use to spot areas where you’re excelling and areas that can use more attention.

Here’s how you can get started:

1. Download and print the simplified LCMS Wellness Wheel.
2. Next, reflect on each area of wellness and how you’re doing using the descriptions of each area of wellness listed at the end of this article. It’s helpful to put the descriptions in the form of a question, such as “how am I doing at ...?”.
3. Once you’ve reflected, grab a marker and rank your satisfaction of each area of wellness by coloring in each section. The more you fill in the section, the greater your satisfaction. Color in less to show areas that need more attention.

By the end of this process, you have a visual of what your current wellness looks like. This visual can serve as a roadmap to focus your efforts to improve your well-being.