

Dimensions of Wellness Self-Evaluation Worksheet

1. *Take a moment to consider each dimension of wellness, then evaluate where you believe each dimension falls on the continuum for you at this time.*



Dimension of Wellness:

	weak	average	strong
Emotional - Coping effectively with life and creating satisfying relationships.	----- -----		
Social - Developing a sense of connection, belonging, and a well-developed support system.	----- -----		
Physical - Recognizing the need for physical activity, diet, sleep, and nutrition.	----- -----		
Spiritual - Expanding our sense of purpose and meaning in life.	----- -----		
Occupational - Personal satisfaction and enrichment derived from one's work.	----- -----		
Financial - Satisfaction with current and future financial situations.	----- -----		
Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills.	----- -----		
Environmental - Good health by occupying pleasant, stimulating environments that support well-being.	----- -----		

2. \What dimension(s) is/are strongest for you? What has helped that dimension grow so strong? Be specific.

3. What dimension(s) feel most distressing to you? Why?

4. How do your weakest dimensions impact the others?

5. What are you doing right in your strongest dimensions that you could apply to the others?

6. What are 3 specific, doable actions you can take this month to work towards improved wellness?

7. How do you plan to keep yourself accountable?
