

Wellness Wheel Worksheet



7 Dimensions of Wellness

Spiritual: Practicing consistency between our values and our actions. Exploring the purpose of our own life. A sense of connection to something bigger than ourselves, and finding comfort in a personal relationship with God or a higher power.

Emotional: The ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner.

Intellectual: The ability to open our minds to new ideas and experiences that can be applied to personal decisions and community betterment. The desire to improve skills and seek challenges in pursuit of lifelong learning.

Physical: The ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. Adopting healthful habits (a balanced diet, exercise, quality sleep, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.).

Social: The ability to relate to and connect with other people. Our ability to establish and maintain positive relationships with family, friends and co-workers.

Environmental: The quality of our air, water and the land that surrounds us. Maintaining an organized physical environment. Exposing ourselves to the lowest amount of harmful chemicals, allergens, etc.

Financial: The way we make money and the way we manage money. Living within our means. Undo emphasis not placed on the acquisition of more and more things. The ability to get personal satisfaction from our jobs while still maintaining balance in our lives.

Developing Your Dreams

Feel

Be

Have

Do