

8 Dimensions of Wellness Worksheet

Name: _____ Age: _____

Gender: _____ Date: _____

Instructions: This worksheet is designed to help you reflect on different areas of your life and how they contribute to your overall well-being. Take a moment to assess where you are in each dimension and set one small goal to enhance your wellness in that area.

Dimension	My status	My goal for improvement	One action I can take
Emotional wellness How well do you understand and manage your emotions?			
Physical wellness Are you taking care of your body through exercise, nutrition, and sleep?			
Intellectual wellness Are you challenging your mind and engaging in creative or stimulating activities?			
Social wellness How strong and supportive are your relationships with others?			

Dimension	My status	My goal for improvement	One action I can take
Spiritual wellness Do you feel connected to a sense of purpose, values, or beliefs that give meaning to your life?			
Environmental wellness How does your surrounding environment impact your well-being, and are you contributing to the health of the planet?			
Financial wellness Are you managing your finances in a way that provides security and meets your needs?			
Occupational wellness Do you find satisfaction in your work or daily tasks? Are you balancing your responsibilities and passions?			
My reflection			