

8 Dimensions of Wellness Worksheet

Patient information: _____

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.

EMOTIONAL WELLNESS

How well do you understand and manage your emotions?

My status:

My goal for improvement:

One action I can take:

PHYSICAL WELLNESS

Are you taking care of your body through exercise, nutrition, and sleep?

My status:

My goal for improvement:

One action I can take:

INTELLECTUAL WELLNESS

Are you challenging your mind and engaging in creative or stimulating activities?

My status:

My goal for improvement:

One action I can take:

SOCIAL WELLNESS

How strong and supportive are your relationships with others?

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?

My status:

My goal for improvement:

One action I can take:

ENVIRONMENTAL WELLNESS

How does your surrounding environment impact your well-being, and are you contributing to the health of the planet?

My status:

My goal for improvement:

One action I can take:

FINANCIAL WELLNESS

Are you managing your finances in a way that provides security and meets your needs?

My status:

My goal for improvement:

One action I can take:

OCCUPATIONAL WELLNESS

Do you find satisfaction in your work or daily tasks? Are you balancing your responsibilities and passions?

My status:

My goal for improvement:

One action I can take:

MY REFLECTION

Specify below: