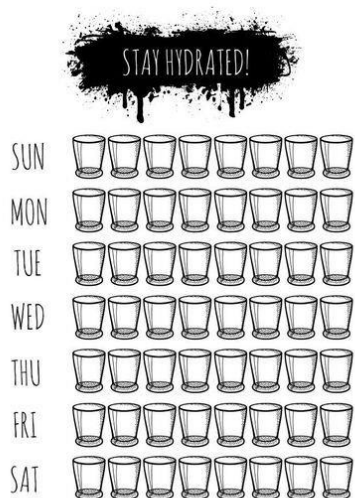


8 Dimensions of Wellness Worksheet

Before you begin: start by putting the #1 by the dimension that needs the most attention and continue to number based on which dimension of wellness you need to focus on—now that you have prioritized your wellness start with your #1 and continue to work through the activities based on your own priorities

Physical Wellness:

- try tracking your water intake for a week
- shade in every time you finish a glass of water
- at the end of each day make a note of how you feel and any positive impacts, repeat the reflection at the end of the week



Daily Reflections:

S=

M=

T=

W=

T=

F=

S=

End of Week:

Occupational Wellness:

Importance of Work Life Balance: <https://www.youtube.com/watch?v=kTqSc8QBivI>
Reflect on your own work life balance—is the scale tipping to one side? Create 1 goal related to work/life balance.

Emotional Wellness:

Set 3 intentions, every day, for who you are going to BE today! I.e. patient
Remind yourself throughout the day to come back to these states of being.
Choose 3 intentions for BEING:

- 1.
- 2.
- 3.



Social Wellness:

Stay connected with friends and family! The number of APPS out there are endless but here are a small collection of ones we have personally used.

- HouseParty
- ZOOM
- Skype
- Facebook Messenger
- Instagram Messenger



Spiritual Wellness:

- Pick your top 5 values and write them down in a list starting with the #1 most important value
- Now reflect on each value and think about how you are nurturing it (Are you nurturing it? Why is it important to you? Are you surprised by your results? What can you do live by your values?)

list of values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability

Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance

Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:

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Intellectual Wellness:

4	3		
1	2	3	
		2	
2	1		

Rules of Sudoku:

1.) Each row, column, and nonet (square) can contain each number (typically 1 to 9) exactly once.

2.) The sum of all numbers in any nonet, row, or column must match the small number printed in its corner. For traditional Sudoku puzzles featuring the numbers 1 to 9, this sum is equal to 45.

Environmental Wellness Reflection:

- How does your wellness shift per changing environments?
- What is your ideal, realistic home/work environment?
- What do you do to connect with nature?

Financial Wellness Tips:

- Understand your finances—try writing down all your incoming and outgoing \$
- Create a budget & stick to it
- Prioritize your spending habits

----- Monthly Budget				
Items	Budget Amt	Actual Amt	Difference	Notes
INCOME				
Income Total				
Other Income				
EXPENSES				
Mortgage/Rent				
Household Maintenance				
Taxes				
Insurance				
Electricity				
Water				
Sewage				
Gas				
Phone				
Trash				
Cable				
Cell Phone				
Groceries				
Entertainment				
Charity/Donations				
Fuel				
Auto Insurance				
Car Payment				
Child Care				
Credit Cards/Debt				
Loans				
Life Insurance				
Health Insurance				
Clothing				
Child Support/Alimony				
Other				
SAVINGS				
Retirement				
College				
Basic/Other				
TOTALS				
Total Income - Total Expenses \$-----				

