

Nine Dimensions of Wellness

- Everyday activities that might not at first seem related to wellness can help us develop, thrive, succeed, enjoy life, and deal constructively with life challenges
- Wellness is multi-faceted and interconnected
- Wellness requires a holistic and integrative approach
- 9 interconnected dimensions (more than just physical and mental)
- Awareness is the first step towards action
- Be honest with yourself, what do you actually want
- If you don't put effort in, you won't progress
- You can have it all, it just takes work and dedication
- Not all dimensions relevant at all times, it's natural at different times to focus on dimensions of wellness over others, and balancing the Nine Dimensions in our own lives is an ongoing process
- Go through these goals quarterly; where do you want to start, what is most important to you, how do you keep accountable? Evidence supports that if you write down your dreams and goals then you are more likely to achieve them



Name: _____ **Date:** _____

Dimension	What is your dream/goal for this?	What do you have to do/change to make this dream/goal happen?
<p>Physical</p> <p>The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, and engages in regular exercise.</p>		
<p>Emotional</p> <p>The emotionally well person can identify, express, and manage the entire range of feelings and would consider seeking assistance to address areas of concern.</p>		
<p>Creative</p> <p>The creatively well person values and actively participates in a diverse range of arts, creative and cultural experiences as a means to understand and appreciate the surrounding world.</p>		

<p>Environmental</p> <p>The environmentally well person recognizes the responsibility to preserve, protect, and improve the environment (home & community) and appreciates the interconnectedness of nature and the individual.</p>		
<p>Financial</p> <p>The financially well person is fully aware of financial state and budgets, saves, and manages finances in order to achieve realistic goals.</p>		
<p>Occupational/Dharma</p> <p>The occupationally well person engages in work/life's purpose to gain personal satisfaction and enrichment, consistent with values, goals, and lifestyle.</p>		

<p>Intellectual</p> <p>The intellectually well person values lifelong learning and seek to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge.</p>		
<p>Social</p> <p>The socially well person has a network of support based on interdependence, mutual trust, and respect, and has developed a sensitivity and awareness towards the feeling of others, and has a capacity for intimacy and empathy.</p>		
<p>Spiritual</p> <p>The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue, practices and self-reflection.</p>		