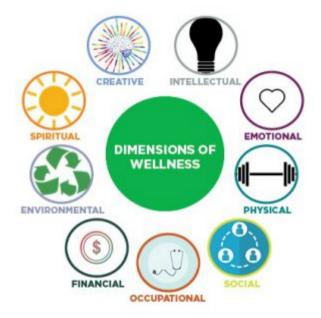
GUNATHERAPY

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:

Nine Dimensions of Wellness originated at The Ohio State University Image sourced from https://cvm.msu.edu/students/wellness



Dimension	What is your dream/goal for this?	What do you have to do/change to make this dream/goal happen?
Physical		
The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, and engages in regular exercise.		
Emotional		
The emotionally well person can identify, express, and manage the entire range of feelings and would consider seeking assistance to address areas of concern.		
Creative		
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.		



Environmental
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.
Financial
The financially well person is fully
aware of financial state and budgets, saves, and manages
finances in order to achieve
realistic goals.
Occupational/Dharma
The occupationally well person
engages in work/life's purpose to
gain personal satisfaction and
enrichment, consistent with values, goals, and lifestyle.
values, goals, and mestyle.



Intellectual
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.
Social 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.
Spiritual 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.