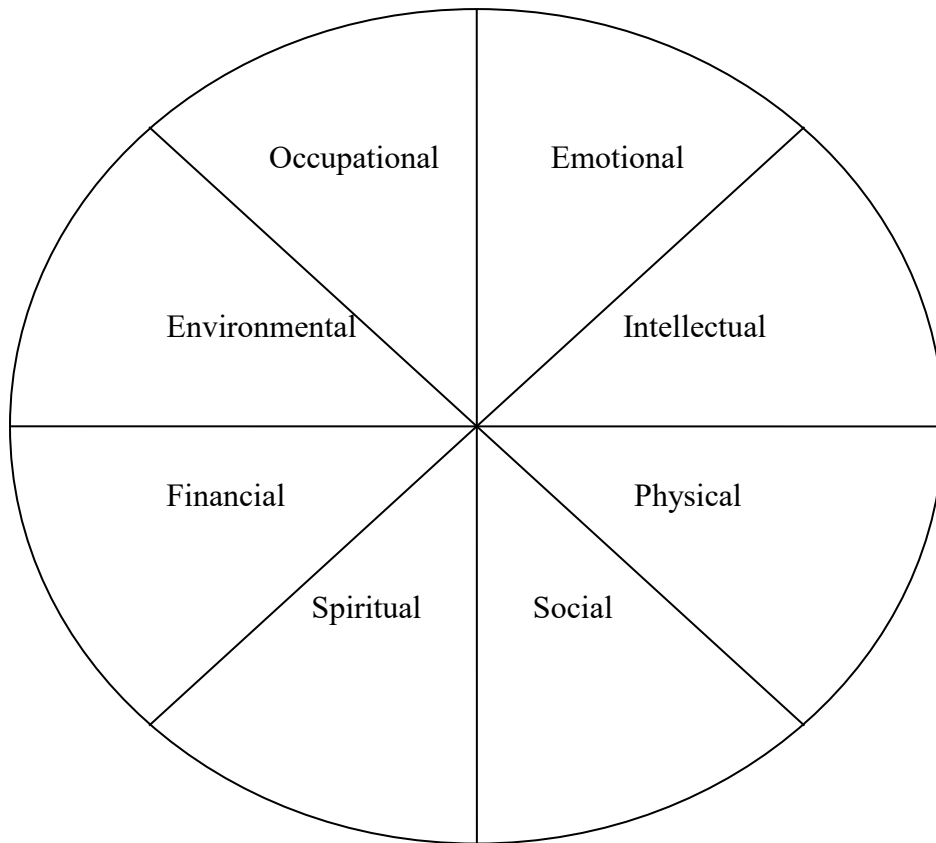


## 8 Areas of Wellness



- Rate each of these areas of wellness in terms of your overall satisfaction, effectiveness and experience.
- Identify 1 or 2 areas of wellness that you want to improve, enhance or focus on.
- Identify 3-5 habits that would enhance the quality and experience of each area you chose.
- Create a timeline of dates by when you will implement those habits.
- Check in daily to track your progress and hold yourself accountable.
- Celebrate and acknowledge your daily efforts and successes in creating a life you love!

Progress, not Perfection! It takes 66 days to create a habit. Make today, Day 1.

\_\_\_\_ **Emotional Wellness** – The ability to experience, embrace and express a full range of emotions with oneself as well as with others without losing perspective of the relevance and information each emotion is bringing forth. Able to observe and take action in the midst of each emotion without losing oneself by avoiding, resisting or controlling what's next. A place of empowerment and foundation for healthy life choices and relationships.

\_\_\_\_ **Financial Wellness** – The ability to sustain daily living responsibilities while planning and providing for future financial needs. A willingness to delay short-term gratification for a long-term fulfillment.

\_\_\_\_ **Social Wellness** – The ability to create and sustain friendships, and relationships that provide a sense of connection, belonging, community, support and celebration within healthy environments for growth and fulfillment.

\_\_\_\_ **Spiritual Wellness** – The ability and willingness to appreciate and accept diverse multi-cultural beliefs and backgrounds that allow for the co-existence of differences while expanding our sense of oneness, purpose and meaning in life.

\_\_\_\_ **Occupational Wellness** – The fulfillment and satisfaction derived by contributing one's skills, talents, education and experience to a task, project, organization or entity that is both respected and appreciated for its value and contribution toward the larger mission.

\_\_\_\_ **Physical Wellness** – The ability to monitor and manage healthy, sustainable habits in the areas of nutrition, exercise, sleep, stress management and energy regeneration. An understanding and implementation of the ongoing requirements for quality of life and longevity.

\_\_\_\_ **Intellectual Wellness** – The ability to maintain an open mind while pursuing education and information that contributes to the evaluation, awareness and relevance of choices, challenges and quality of one's life. Intellectual stimulation includes new concepts, creative thinking, skill enhancement, group interaction and the pursuit of becoming a lifelong learner.

\_\_\_\_ **Environmental Wellness** – The ability to take personal responsibility for the internal and external environments that impact the quality of one's life. Ex: Internal environment could be mental and emotional clutter of grudges, limiting beliefs, non-acceptance, ineffective moods. Ex: External environment could be clutter in your home, office or vehicle. Taking responsibility for creating and sustaining both environments allow for intentional and purposeful choices that promote and provide space and support for all other areas of wellness.