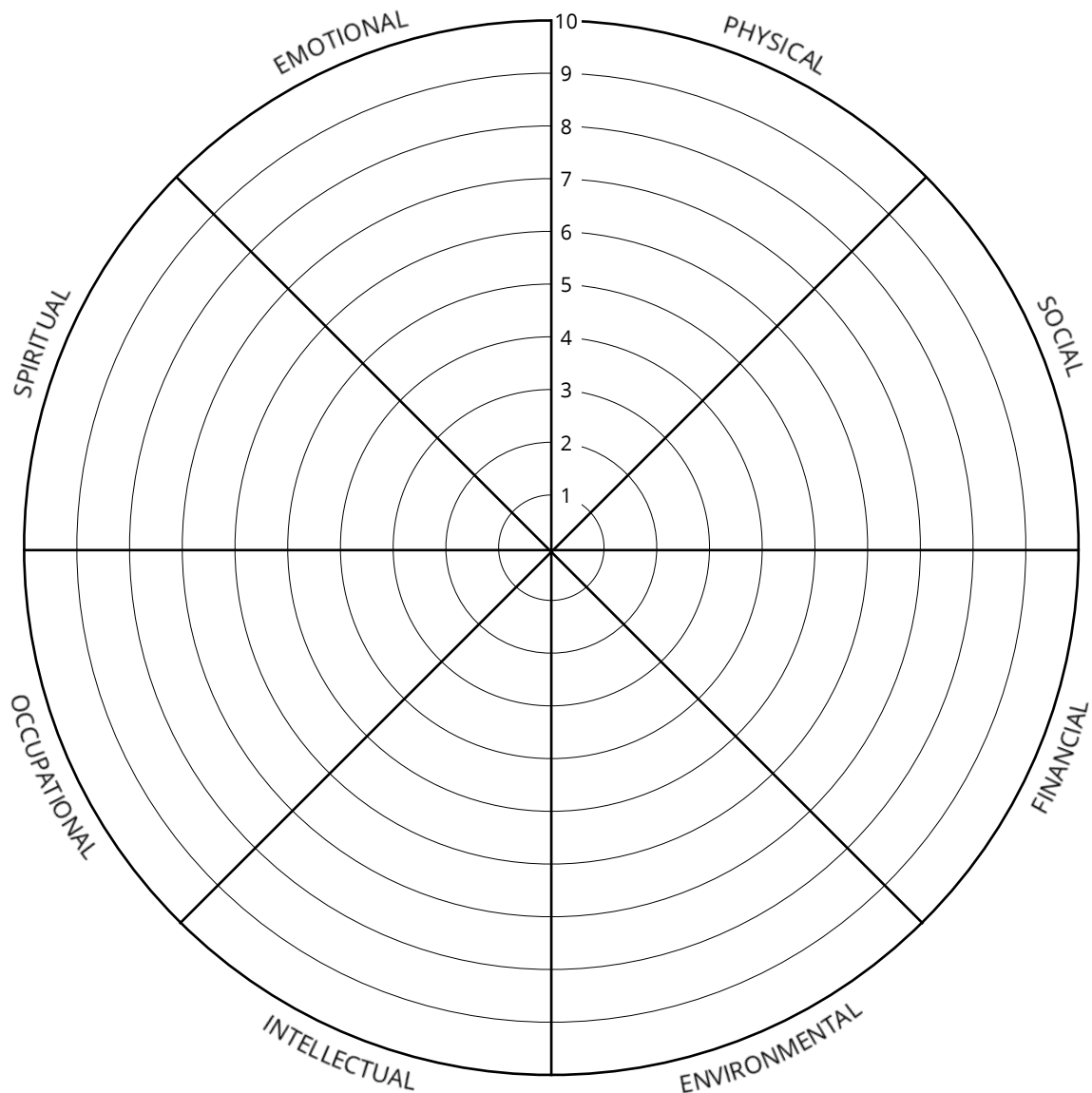


Eight dimensions of wellness

Self-awareness is an important skill that is often much broader than we think. The eight dimensions of wellness (Swarbrick, 1997) offer the opportunity to check in on different aspects of ourselves that might not be getting the attention they deserve.

On a scale from 1-10 (where 1 is “needs a lot of work” and 10 is “flawless”, rate yourself on each of the categories below. Then, using a coloured marker, fill in the corresponding wedge to the level you rated. Identify the areas where you feel you need help and make a small plan to fill the gap.



- PHYSICAL Taking care of your body's needs.
- FINANCIAL Being satisfied with money matters.
- INTELLECTUAL Finding outlets for your creativity.
- SPIRITUAL Finding a sense of purpose and meaning.
- SOCIAL Having a solid support system.
- ENVIRONMENTAL Being satisfied with your space.
- OCCUPATIONAL Being satisfied with your work.
- EMOTIONAL Coping effectively with life's challenges.