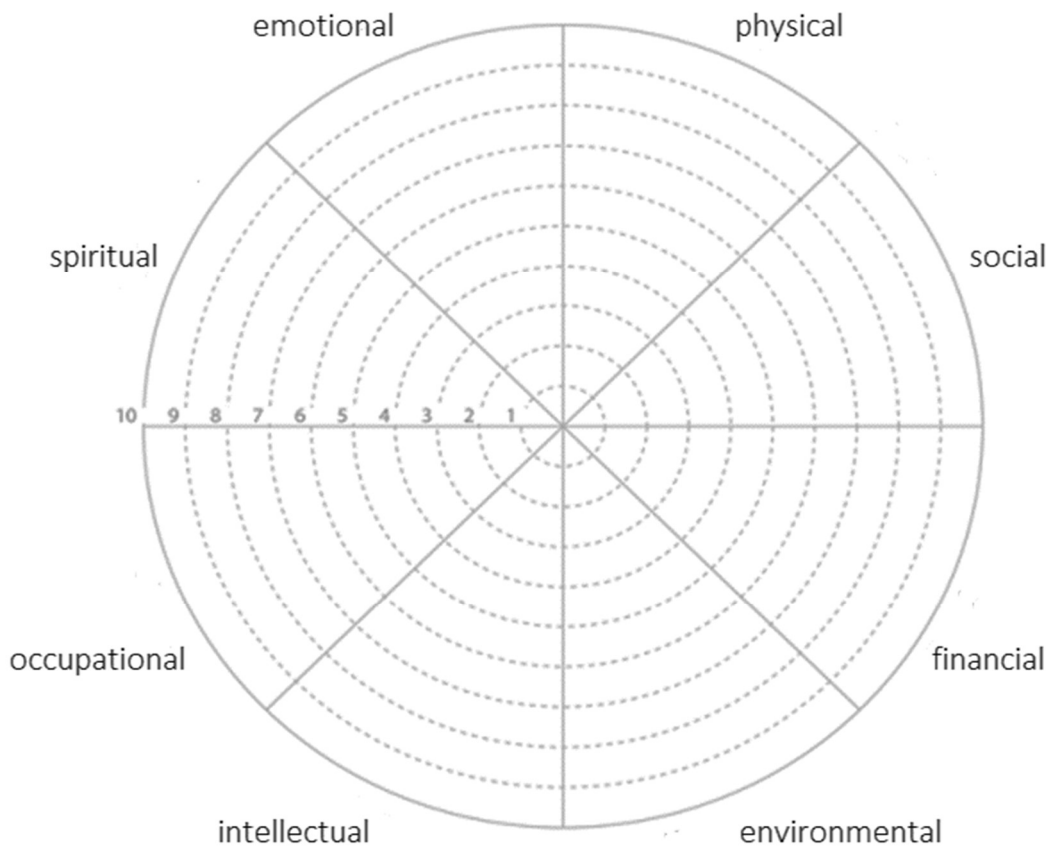


8 Dimensions of Wellness Self-Assessment

Wellness is not just your physical or mental health; it is a holistic experience of your life. The key to being well is honoring the role each of these dimensions play in your life and working to develop them.

Using this chart, mark from 1-10 (1 meaning “needs a lot of work” and 10 being “perfect”) where you think you stand in each of these categories. Use your gut reaction, trying not to overthink it. Draw a dark line and color below the line in each category, you can then check your progress as you like.



[After the workshop, please fill out this survey to help us continue to improve our offerings!](#)



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1. Emotional Dimension

Coping effectively with life and creating satisfying relationships.

Beginning score: _____

Focus areas (aspect of this dimension you may choose to develop):

- Understanding and respecting your feelings, values, and attitudes
- Feeling positive and enthusiastic about your life
- Engaging in leisure activities that maintain or improve emotional health such as activating the senses with music, watching your favorite movie, and so on...
- Feel confident in handling life challenges
- Making healthy choices that support my long-term goals
- _____
- _____

Plan of action:

- _____
- _____
- _____

2. Financial Dimension

Satisfaction with current and future financial situations

Beginning score: _____

Focus areas:

- Creating a budget
- Start a savings account
- Cut back or limit unnecessary expenses
- Donate to a meaningful charity
- Make informed financial decisions
- _____
- _____

Plan of action:

- _____
- _____
- _____



3. Social Dimension

Developing a sense of connection, belonging, and a well-developed support system

Beginning Score: _____

Focus areas:

- Maintaining health relationships with family and/or friends
- Developing friendships and intimate relations
- Caring about others and letting others care about you
- Contribute to your community
- Join a club or organization
- Using good communication skills
- _____
- _____

Plan of action:

- _____
- _____
- _____

4. Spiritual Dimension

Expanding our sense of purpose and meaning in life

Beginning Score: _____

Focus areas:

- Finding purpose, value, or meaning in your life with or without organized religion
- Participating in activities that are consistent with your beliefs and values such as meditation, spending time in nature, prayer, self-reflection, etc.
- Create a quiet space for solitude and contemplation
- _____
- _____

Plan of action:

- _____
- _____
- _____



5. Occupational Dimension

Personal satisfaction and enrichment derived from one's work

Beginning Score: _____

Focus areas:

- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding
- Balancing study time and leisure activities
- Managing stress with work
- _____
- _____

Plan of action:

- _____
- _____
- _____

6. Physical Dimension

Recognizing the need for physical activity, diet, sleep and nutrition

Beginning Score: _____

Focus areas:

- Caring for your body to stay healthy now and in the future
- Exercising regularly
- Eating according to a well-balanced diet
- Create a healthy sleep pattern
- _____
- _____

Plan of action:

- _____
- _____
- _____



7. Intellectual Dimension

Recognizing creative abilities and finding ways to expand knowledge and skills

Beginning Score: _____

Focus areas:

- Responding positively to intellectual challenges
- Develop effective studying skills
- Actively engaging in classes
- Expanding knowledge and skills
- Participate in activities that cultivate mental growth such as reading, solving puzzles, learning how to play a musical instrument, etc.
- _____
- _____

Plan of action:

- _____
- _____
- _____

8. Environmental Dimension

Good health by occupying pleasant, stimulating environments that support well-being

Beginning score: _____

Focus areas:

- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the effects of your daily habits on the physical environment
- Feel safe in your environment
- Participate in activities that manage environmental wellness such as recycling, planting a personal or community garden, avoid littering, etc.
- _____
- _____

Plan of action:

- _____
- _____
- _____



Your Top Three

Identify the top three dimensions of wellness you need to boost and describe what changes you will make to improve and maintain them. Check your progress three months from now, then again three months after that to see what has changed and the work you still have to do.

Dimensions: Social, physical, emotional, spiritual, occupational, intellectual, financial, and environmental

Dimension:		
How will I boost and maintain this dimension of wellness?	3 month check in	6 month check in

Dimension:		
How will I boost and maintain this dimension of wellness?	3 month check in	6 month check in

Dimension:		
How will I boost and maintain this dimension of wellness?	3 month check in	6 month check in

