



WELLNESS WORKSHEET 2

Wellness Profile

Fill in your strengths for each of the dimensions of wellness described below. Examples of strengths are listed with each dimension.

Physical wellness: To maintain overall physical health and engage in appropriate physical activity (e.g., stamina, strength, flexibility, healthy body composition).

Emotional wellness: To have a positive self-concept, deal constructively with your feelings, and develop positive qualities (e.g., optimism, trust, self-confidence, determination, persistence, dedication).

Intellectual wellness: To pursue and retain knowledge, think critically about issues, make sound decisions, identify problems, and find solutions (e.g., common sense, creativity, curiosity).

Spiritual wellness: To develop a set of beliefs, principles, or values that give meaning or purpose to your life; to develop faith in something beyond yourself (e.g., religious faith, service to others).

Interpersonal/social wellness: To develop and maintain meaningful relationships with a network of friends and family members and to contribute to the community (e.g., friendly, good-natured, compassionate, supportive, good listener).

Environmental wellness: To protect yourself from environmental hazards, and to minimize the negative impact of your behavior on the environment (e.g., carpools, recycling).

(over)

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Next, choose what you believe are your five most important strengths, and record them under “Core Wellness Strengths.”

Core Wellness Strengths

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Finally, mark on the continuums below where you think you fall for each dimension.

Low Level of Wellness	Physical, Psychological, Emotional Symptoms	Change and Growth	High Level of Wellness
←----- Physical wellness -----→			
←----- Emotional wellness -----→			
←----- Intellectual wellness -----→			
←----- Spiritual wellness -----→			
←----- Interpersonal/social wellness -----→			
←----- Environmental wellness -----→			