WHOLENESS REFLECTION EXERCISE

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

STEP 1 Review the Six Dimensions of Wellness (See full description at NationalWellness.org/6Dimensions)

**SPIRITUAL**: sense of purpose; connecting to a higher power; meaning in life; knowing one’s values; awareness of life as a journey; tolerance; integrity

**PHYSICAL**: regular exercise; healthy nutritional habits; self-care; monitoring vital signs; sense of vitality and energy; avoidance of alcohol, drug misuse, and tobacco use; connection to nature

**EMOTIONAL**: acceptance of feelings; management of emotions and stress; ability to center; resilience; attuned to others emotions

**SOCIAL**: positive connections; encouraging community; giving and receiving social support; intimacy; compassion; love

**OCCUPATIONAL**: financial health; ability to share gifts, talents, and skills through work; satisfying career; sense of achievement

**INTELLECTUAL**: creativity; stimulating mental activities; learning; reading; problem-solving; staying current with events you enjoy

**EMOTIONAL**: acceptance of feelings; management of emotions and stress; ability to center; resilience; attuned to others emotions

**SOCIAL**: positive connections; encouraging community; giving and receiving social support; intimacy; compassion; love

**OCCUPATIONAL**: financial health; ability to share gifts, talents, and skills through work; satisfying career; sense of achievement

**INTELLECTUAL**: creativity; stimulating mental activities; learning; reading; problem-solving; staying current with events you enjoy

STEP 2 Assess Your Current Energy Investment

In which dimensions of wellness are you investing the most — and least — energy right now? Color in each of the bars below to indicate how much time and energy you have positively invested in each of the six dimensions this week.

<table>
<thead>
<tr>
<th>None</th>
<th>Just Enough</th>
<th>A Lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Emotional</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Occupational</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Physical</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Social</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Intellectual</td>
<td>[]</td>
<td>[]</td>
</tr>
</tbody>
</table>

STEP 3 Create Your Ideal Vision of Wholeness

Imagine you have only 30 “energy blocks” to devote across the six dimensions. Fill in a total of 30 blocks below to indicate how your ideal self would distribute those blocks across the dimensions. Devote a minimum of 1 and a maximum of 10 energy blocks to each dimension.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Emotional</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Occupational</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Physical</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Social</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
<tr>
<td>Intellectual</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
<td>[]</td>
</tr>
</tbody>
</table>

STEP 4 Reflect on Your Vision: Reconciliation, Rebalance, Values, Inspiration

Compare your actual energy habits and investments from Step 2 with the ideal vision in Step 3. What do you notice? What would you like to improve upon, feel, or be (if anything)? Accept whatever you notice as a possibility. As you do so, reflect on the different values listed below. Is there any value or group of values that you need to identify, align with, celebrate, or re-assert in your life that can be helpful to you right now? Check off up to five values. Can you think of others not on this list? What inspires you?

- Spirituality
- Family
- Security
- Peace
- Love
- Integrity
- Transformation
- Legacy
- Growth
- Exploration
- Community
- Unity
- Social Good
- Beauty
- Success
- Wholeness
- Achievement
- Nature
- Challenge
- Fun
- Curiosity
- Justice
- Reputation
- Wisdom
- Boldness
- Fun
- Curiosity
- Justice
- Reputation
- Wisdom
- Influence
- Power
- Freedom
- Creativity
- Status
- Stability
- Service
- Friendship
- Recognition
- Intimacy
- Respect
- Popularity
- Pleasure
- Religion
- Mystery
- Gratitude
- Adventure

©2017 National Wellness Institute, Inc.