

WHOLENESS REFLECTION EXERCISE

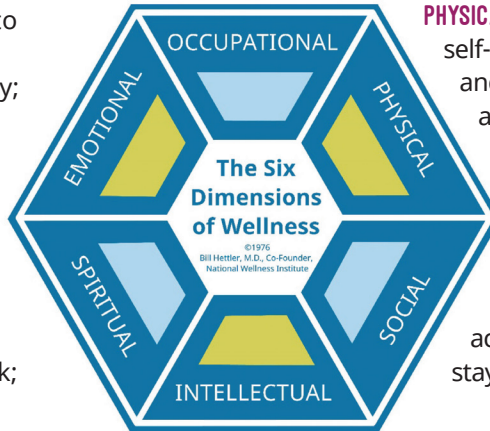
Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

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

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

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



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

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

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.

	None	Just Enough	A Lot
Spiritual			
Emotional			
Occupational			
Physical			
Social			
Intellectual			

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.

	1	2	3	4	5	6	7	8	9	10
Spiritual										
Emotional										
Occupational										
Physical										
Social										
Intellectual										

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?

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