



Think about your wellness in the 8 dimensions referring to the Wellness Wheel on the reverse side of this page). In each box, write what you do daily or weekly for your own wellness in the dimension listed.

*Physical Wellness*

*Financial Wellness*

*Intellectual Wellness*

*Social Wellness*

*Environmental Wellness*

*Spiritual Wellness*

*Emotional Wellness*

*Occupational Wellness*