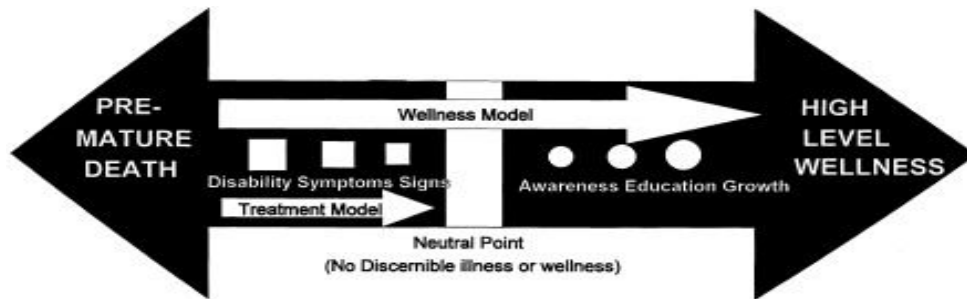


# Six Dimensions of Optimal Wellness Worksheet

corresponding podcasts #6-9



- 1- Assess where you are today on the continuum of wellness for each of the six areas of wellness. Write the number that associates with where you are at right now (1-7) - 1 being on disability, 4 on neutral, and 7 on growth
- 2- Accept where you are today. Repeat out loud: I accept where I am today. :)
- 3- Fill out the following questions in each dimension

## Physical - My score today \_\_\_\_

1 - In present tense where are you in one year?

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2 - How did you get there? What actions did you take?

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3 - What is one thing you will do this month and then this week to get there?

- \_\_\_\_\_  
- \_\_\_\_\_

**Occupational - My score today \_\_\_\_**

1 - In present tense where are you in one year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 - How did you get there? What actions did you take?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 - What is one thing you will do this month and then this week to get there?

- \_\_\_\_\_  
- \_\_\_\_\_

**Intellectual - My score today \_\_\_\_**

1 - In present tense where are you in one year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 - How did you get there? What actions did you take?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 - What is one thing you will do this month and then this week to get there?

- \_\_\_\_\_  
- \_\_\_\_\_

**Spiritual - My score today \_\_\_\_**

1 - In present tense where are you in one year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 - How did you get there? What actions did you take?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 - What is one thing you will do this month and then this week to get there?

- \_\_\_\_\_  
- \_\_\_\_\_

**Emotional - My score today \_\_\_\_**

1 - In present tense where are you in one year?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 - How did you get there? What actions did you take?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 - What is one thing you will do this month and then this week to get there?

- \_\_\_\_\_  
- \_\_\_\_\_

## Social - My score today \_\_\_\_

1 - In present tense where are you in one year?

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2 - How did you get there? What actions did you take?

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3 - What is one thing you will do this month and then this week to get there?

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After you fill out this assessment -

Take your six week goals and 6 month goals and post them where you can see them every day!

Revisit your goals for the year, month, week at least once a week. Assess where you are at and do the process again to make the goals for the coming week.