

Name _____ Section _____ Date _____



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).

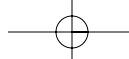
Intellectual wellness: To pursue and retain knowledge, think critically about issues, make sound decisions, identify problems, and find solutions (e.g., common sense, creativity, curiosity).

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)



WELLNESS WORKSHEET 2 — continued

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			

