



# dimensions of wellbeing

A holistic view of wellbeing considers more than just your physical health- it is all the parts of life that help you to thrive. As these dimensions interact, we can strive to create a synergy between the different areas, that feels right for us. This self-evaluation can help to identify areas of your wellbeing that are thriving, and others that may need nurturing to help create balance and enhance your wellbeing.

<b>Emotional</b>	Never	Rarely	Some times	Often	Always
I strive to maintain a balance of obligations to work, school, family, friends, community and myself	1	2	3	4	5
I manage stress in my life in productive, healthy ways	1	2	3	4	5
I am able to make decisions with minimal stress or worry	1	2	3	4	5
I am able to ask for help from others when I need it	1	2	3	4	5
I feel good about myself, and think others like me	1	2	3	4	5
I can express all ranges of feelings (sadness, fear, anger, joy etc) and manage my behaviour in a healthy way	1	2	3	4	5
I accept responsibility for my actions	1	2	3	4	5
Total					

<b>Environmental</b>	Never	Rarely	Some times	Often	Always
I respect and spend time outdoors in nature	1	2	3	4	5
I attempt to reduce, reuse and recycle products	1	2	3	4	5
I try to lessen my environmental impact	1	2	3	4	5
I try to resolve any safety hazards around me	1	2	3	4	5
I have a space to call my own, where I feel comfortable	1	2	3	4	5
I live and work in a place that is free from clutter, dust, mould and air pollution	1	2	3	4	5
I have access to clean water	1	2	3	4	5
Total					

<b>Financial</b>	Never	Rarely	Some times	Often	Always
I feel good about my current and future financial situation	1	2	3	4	5
I have a budget, and stick to it	1	2	3	4	5
I save money regularly	1	2	3	4	5
I have enough money to manage my living expenses	1	2	3	4	5
I use credit cards and other debt facilities wisely	1	2	3	4	5
I check my bank statements regularly	1	2	3	4	5
I keep my financial information safe online	1	2	3	4	5
Total					

<b>Intellectual</b>	Never	Rarely	Some times	Often	Always
I am eager to learn new skills for personal growth	1	2	3	4	5
I am open to new ideas	1	2	3	4	5
I look for creative ways to do things or solve problems	1	2	3	4	5
I stay informed about social, political and other current issues	1	2	3	4	5
I learn about different topics that interest me from books, magazines, newspapers and the internet	1	2	3	4	5
I seek out challenging experiences	1	2	3	4	5
I discuss interesting topics with those around me	1	2	3	4	5
Total					

\* For occupational questions, if you are not in paid employment, you may want to relate these questions to any work you fill your day with, such as household work, small business etc.

<b>Occupational*</b>	Never	Rarely	Some times	Often	Always
I enjoy going to work most days	1	2	3	4	5
I have a manageable workload, and manage my time	1	2	3	4	5
I have goals for my career	1	2	3	4	5
I am able to discuss work issues with my manager	1	2	3	4	5
I seek out opportunities to build my career-related skills	1	2	3	4	5
I can balance work life with other aspects of my life	1	2	3	4	5
I have a mentor or other person that I can speak to about my career	1	2	3	4	5
Total					

<b>Physical</b>	Never	Rarely	Some times	Often	Always
I make an effort to eat a balanced diet, including plenty of fresh vegetables and fruit	1	2	3	4	5
I get at least 7 hours sleep and feel rested in the mornings	1	2	3	4	5
I consciously exercise 3-5 times per week	1	2	3	4	5
I limit my use of alcohol	1	2	3	4	5
I drink 8 glasses of water throughout the day	1	2	3	4	5
I maintain my weight in healthy ways	1	2	3	4	5
I monitor my health information, and have a relationship with a health professional	1	2	3	4	5
Total					

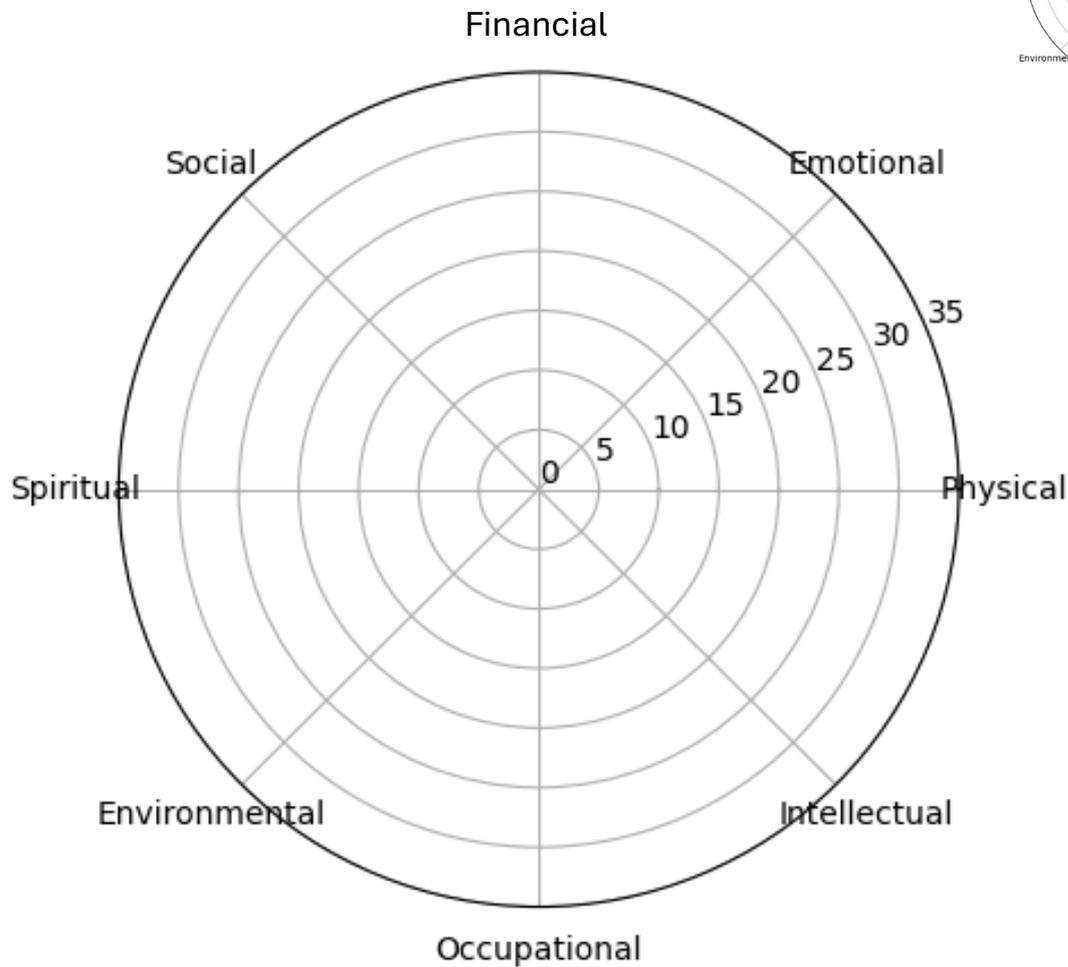
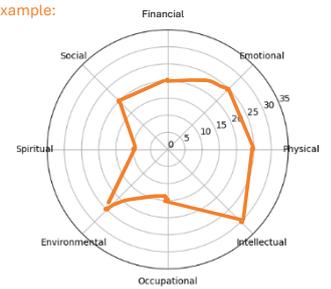
<b>Social</b>	Never	Rarely	Some times	Often	Always
I plan time to spend with family or friends	1	2	3	4	5
I find my relationships positive and rewarding	1	2	3	4	5
I enjoy the time I spend socially with others	1	2	3	4	5
I give and take equally in my relationships	1	2	3	4	5
I am able to prioritise and say "no" to others requests for my time	1	2	3	4	5
I have someone who I can share my thoughts and feelings with	1	2	3	4	5
I participate in social activities with people who are different from me	1	2	3	4	5
Total					

<b>Spiritual</b>	Never	Rarely	Some times	Often	Always
I take time to think about what is important in life - who I am, my values, where I fit in	1	2	3	4	5
I have a belief system in place (religious, spiritualist etc)	1	2	3	4	5
My values guide my decisions and actions	1	2	3	4	5
I have a sense of purpose in my life	1	2	3	4	5
I am able to express thankfulness and appreciation for what I have	1	2	3	4	5
I show respect for beliefs and views of others	1	2	3	4	5
I am active in communities and causes I care about	1	2	3	4	5
Total					

Once you have a total score for each area of wellbeing, you can plot it on the chart below. This gives you a visual representation of your overall wellbeing.

What areas could you put more work into? What areas are you having success in?

Example:



Working on your wellbeing is a dynamic, lifelong process - learning what makes you feel balanced and well across all areas of your life. Throughout your life, different areas may grow in importance, or drop out of focus, but we are not aiming for perfect scores - just a balance that feels right for you. It may also help to think about how some areas may pull away from others in your life, for example, if our occupational wellbeing is high, is social or physical wellbeing suffering? If we draw back a little in one area, does another area improve?