

# WHOLENESS REFLECTION EXERCISE

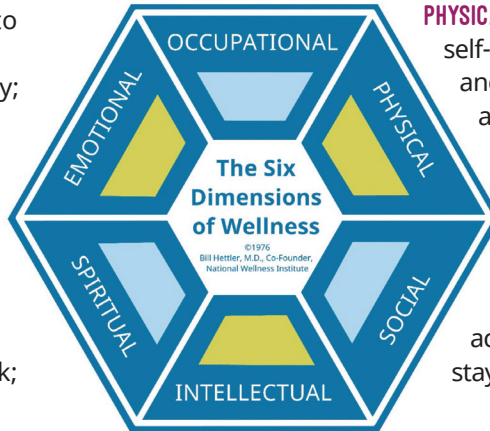
Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

## STEP 1 Review the Six Dimensions of Wellness (See full description at [NationalWellness.org/6Dimensions](http://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?

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