

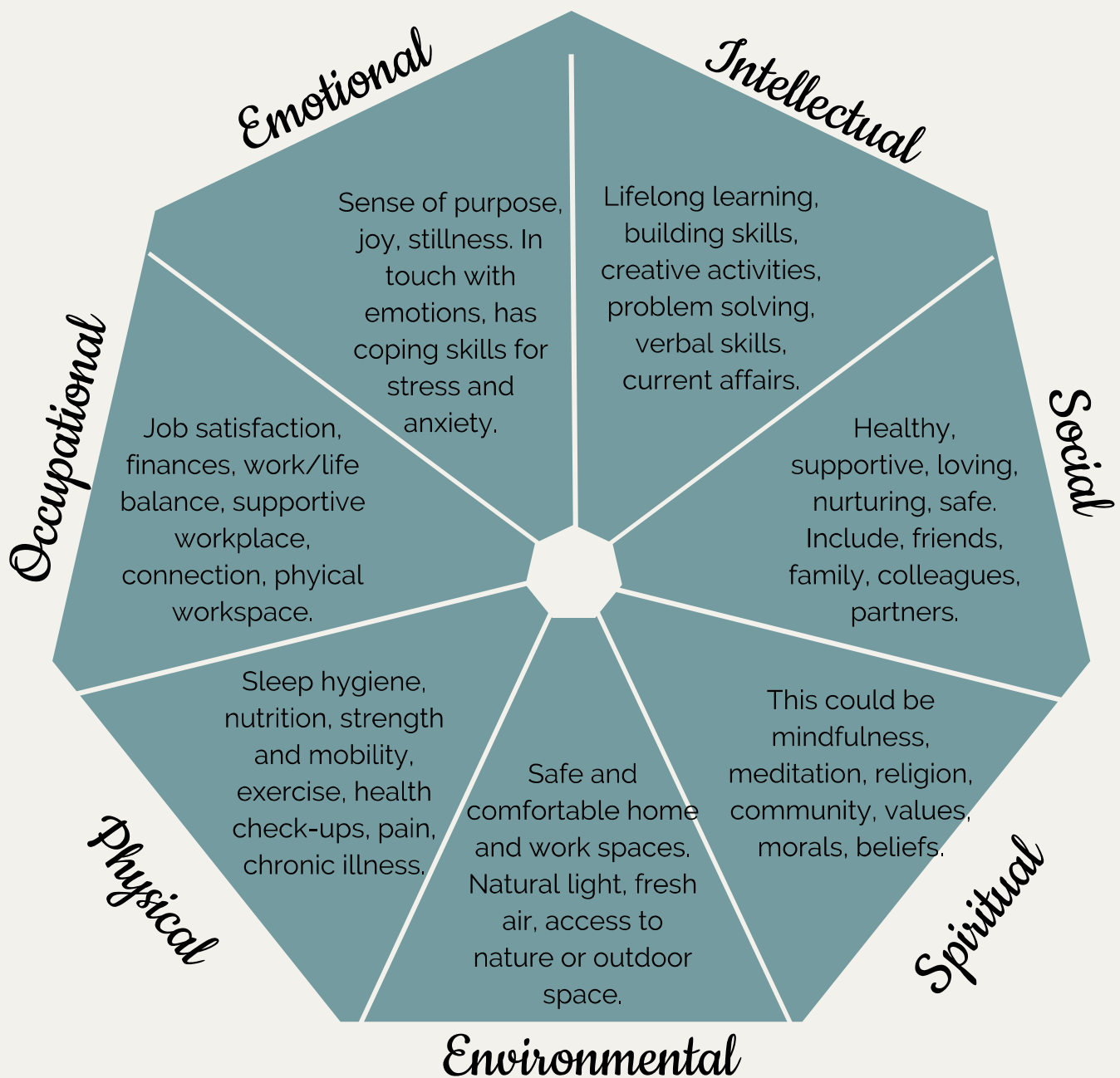
THE 7 DIMENSIONS OF WELLNESS

The original wellness wheel was conceived by Dr. Bill Hettler, in which he outlined six dimensions of wellness. Today the tool commonly comprises 7 dimensions considered to be markers of a balanced and healthy lifestyle.

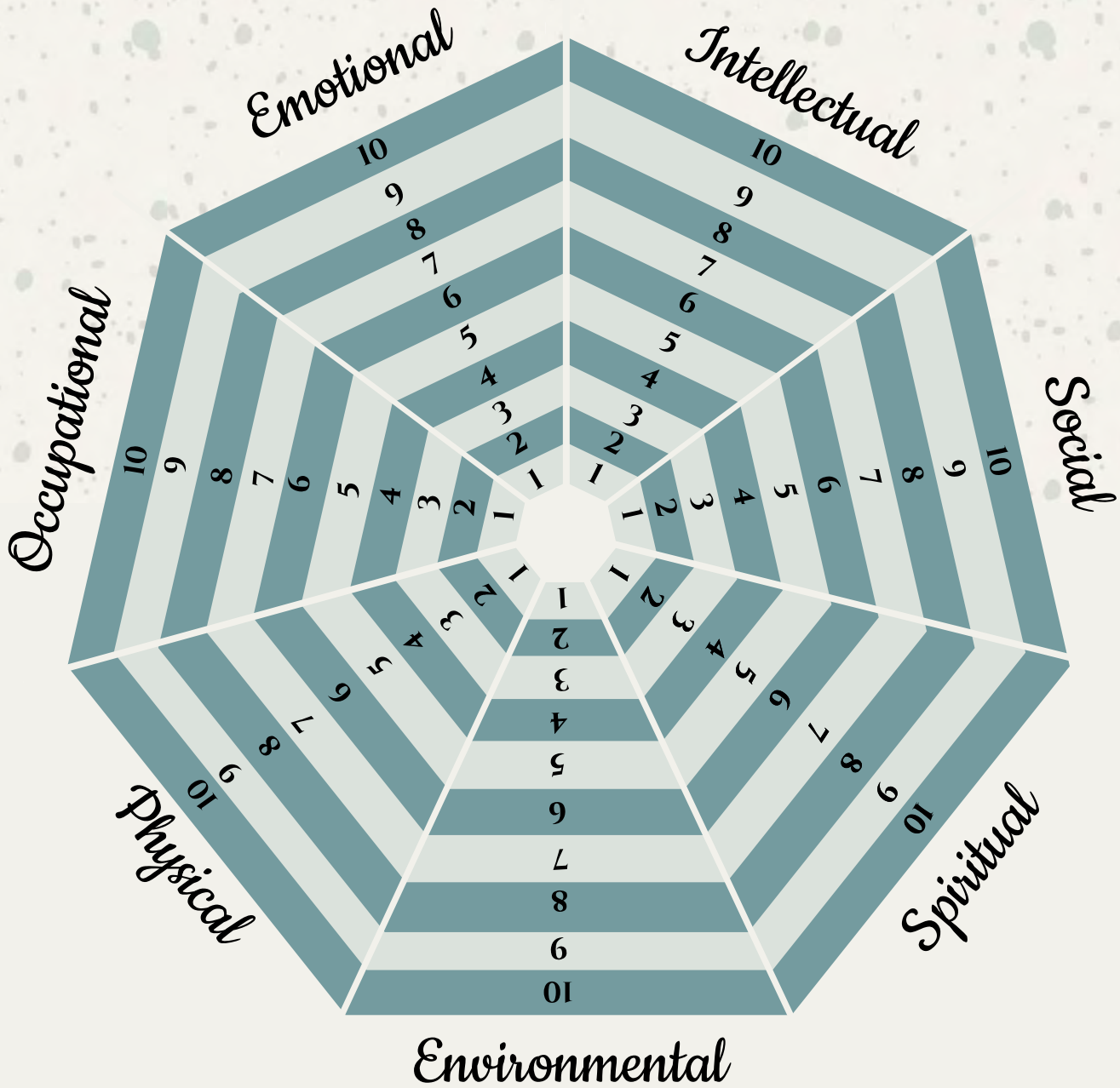


BLOOM & THRIVE

Taking the time to consider each of these areas will help you understand and identify what enriches your life currently and where lifestyle changes may improve your overall well-being.



WELLNESS MAP



HOW TO USE

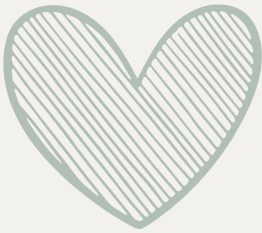
Reflect on all areas of your life and rate yourself on a scale of 1 (could be a lot better) to 10 (this is amazing!) and connect the dots to create a visual representation of your life.

SELF-REFLECTION

Use the sections below to reflect on your final scores in the wellness map. You might like to consider:

- What is going well in your highest-scoring sections?
- What is impacting your lowest-scoring sections?
- What are some steps you could take to make improvements? Think short, medium, and long term
- Do you need any support to meet your needs, if so from whom?

Emotional



Intellectual



Social



Spiritual



Environmental



Physical



Occupational

