

# How Well Am I?

Rate your current wellness in each dimension from 1 to 10  
(1 being horrible, 10 being excellent with no room for improvement)

## Outer Life

### Environmental

Occupying pleasant, stimulating environments that support well-being

### Financial

Satisfaction with current and future financial situations

### Occupational

Gaining personal satisfaction and enrichment from one's work

### Social

Developing a sense of connection, belonging, and a well-developed support system

## Inner Life

### Spiritual

Expanding a sense of purpose and meaning in life, including one's morals and ethics

### Emotional

Coping effectively with life and creating satisfying relationships

### Intellectual

Recognizing one's creative abilities and finding ways to expand knowledge and skills

### Physical

Recognizing the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health conditions

