

Rate Your Wellness by Area

Name: _____

Date: _____

Instructions: Circle a number for each dimension. Use reflection prompts to identify areas for growth and celebrate strengths.

Dimension	Score (1-5)	Reflection Prompt
Spiritual		What gives you meaning or peace?
Environmental		Does your space support your well-being?
Vocational		Do you feel fulfilled in your work or purpose?
Financial		Are you managing resources in a way that feels secure?
Intellectual		Are you learning and mentally engaged?
Social		Do you feel connected and supported?
Emotional		How well do you manage stress and express emotions?
Physical		Are you caring for your body through movement, rest, and nutrition?

Reflection Prompts:

- Which areas scored 4 or 5? Celebrate those.
- Which areas scored 1 or 2? What small step could you take this week?
- Who or what could support your growth in those areas?

