

Well-Being Worksheet

CHECK IN WITH YOURSELF

Using six dimensions of well-being, rate yourself on a scale of 1-10 based on how well you believe you are tending to those areas in your life.

Identify if there are barriers to your goals or if there are additional supports or controls that can be added to help you along the way. Taking the time to regularly consider your well-being check up can put you in a position to make conscious life decisions to live a life by design rather than by default.

Sample questions to ask yourself in each area:

Body | Do I take time to relax? Am I able to move in the ways that I want to?

Mind | Do I have ways to address stress in my life? On the whole, am I happy?

Financial | Do I feel like I have sufficient funds to meet my current goals? Am I able to save?

Social | Do I have a best friend at work? Do I make time for connections and outreach in my life?

Environmental | Is my work environment positive? Do I regularly feel comfort in my surroundings?

Meaning & Purpose | Have I found my “why?” Do I do things that I feel benefit the greater good?

