



Six Dimensions of Wellness

The National Wellness Institute (NWI) provides an innovative and helpful framework for understanding the holistic nature of wellness. While other models of wellness may highlight different and/or additional dimensions, what is important to remember is that wellness is multidimensional, all aspects of wellness are interrelated, and that people and place are co-dependent. As you begin to set goals and make improvements in the dimensions that are most meaningful and important to you, you will likely notice changes occurring in other dimensions, too.



THE SIX DIMENSIONS OF WELLNESS

Dimension #1: EMOTIONAL

Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. In this dimension, it is important to be aware of and accept one's feelings & take an optimistic approach to life.

Dimension #2: OCCUPATIONAL

Occupational wellness refers to satisfaction in one's work. In this dimension, it is important to seek out a career which is consistent with one's personal values, interests, and beliefs. Individuals are encouraged to develop functional, transferable skills through structured involvement opportunities, and to remain active and involved.

Dimension #3: PHYSICAL

Physical wellness puts focus and emphasis on movement, fitness, sleep, relaxation, and maintaining a healthy lifestyle, including the consumption of foods and beverages that enhance rather than impair good health.

Dimension #4: SOCIAL

Social wellness includes making contributions to the common welfare of one's community and thinking of others. In this dimension, it is important to live in harmony with others and the environment.

Dimension #5: INTELLECTUAL

Intellectual wellness is defined as life-long learning. In this dimension, it is important to stretch one's thinking and challenge one's mind in both intellectual and creative pursuits, in addition to Identifying potential problems and choosing appropriate courses of action based on available information.

Dimension #6: SPIRITUAL

Spiritual wellness recognizes one's search for meaning and purpose in human existence. In this dimension, it is important to be true to oneself, live each day in a way that is consistent with one's values and beliefs, go beyond faith and religion to ponder the meaning of life, and be tolerant of the beliefs of others.

The National Wellness Institute's "Six Dimensions of Wellness Self-assessment" is designed to help you reflect on your wellness journey and assess where you are within each of the Six Dimensions of Wellness. Wellness is an ongoing process and how you respond today may be very different from how you respond next week or next year. You can use this tool as a resource when setting goals and building your personal wellness plan. You are encouraged to revisit it regularly to help refocus on identified areas of improvement and celebrate successes.

Using the following scale, indicate your level of agreement with each statement in each dimension:

1 = Almost Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Almost Always



EMOTIONAL WELLNESS

The awareness and acceptance of one's feelings and capacity to manage behaviors related to one's emotional state.

I love and accept myself as I am.

1 2 3 4 5

When I experience positive or negative emotions, I can appropriately express how I feel.

1 2 3 4 5

To cope with challenges in life, I focus on the most positive aspects of the event or situation.

1 2 3 4 5

I seek help from others when I am experiencing difficulties.

1 2 3 4 5

I can adequately manage my emotional response when in an upsetting or challenging situation.

1 2 3 4 5

I engage in stress management activities.

1 2 3 4 5

Personal Notes & Reflections:

Blank space for personal notes and reflections.



OCCUPATIONAL WELLNESS

The personal satisfaction and enrichment in one's life through work.

My work reflects my personal values.

- 1 2 3 4 5

The work I do accomplishes something important.

- 1 2 3 4 5

I have opportunities to make meaningful contributions at work.

- 1 2 3 4 5

My work offers me challenges I can handle.

- 1 2 3 4 5

I enjoy the work I do.

- 1 2 3 4 5

I feel I have good work-life balance.

- 1 2 3 4 5

Personal Notes & Reflections:



PHYSICAL WELLNESS

Physical self-care and health-enriching behaviors.

I engage in at least 150 minutes of physical activity in a week (e.g., walking, yoga, cycling, swimming, golf).

- 1 2 3 4 5

I consume at least 5 servings of fruits and vegetables in a day (1 serving = 1 medium piece of fresh fruit).

- 1 2 3 4 5

I wake up feeling refreshed and rested.

- 1 2 3 4 5

I refrain from smoking, vaping, or using other tobacco products.

- 1 2 3 4 5

I refrain from consuming four or more alcoholic beverages in a 2-hour period.

- 1 2 3 4 5

My physical or mental health allow me to engage in my usual activities (e.g., self-care, work, recreation).

- 1 2 3 4 5

Personal Notes & Reflections:



SOCIAL WELLNESS

The contribution to one's environment and community.

I do things that contribute to a larger cause.

- 1 2 3 4 5

I use my strengths to help others.

- 1 2 3 4 5

I have loving, supportive relationships (friends, family) in my life.

- 1 2 3 4 5

I have a strong sense of belonging with the community in which I live.

- 1 2 3 4 5

I protect and conserve natural resources to ensure a healthy environment for all organisms.

- 1 2 3 4 5

I help resolve environmental issues in my community.

- 1 2 3 4 5

Personal Notes & Reflections:



INTELLECTUAL WELLNESS

The creative, stimulating activities that lead to learning, personal growth, and sharing of one's unique gifts with others.

I engage in stimulating or creative activities.

- 1 2 3 4 5

I engage in continual learning opportunities (e.g., college courses, certifications, reading).

- 1 2 3 4 5

I treat my own errors as opportunities to learn and grow.

- 1 2 3 4 5

I stay informed about local, national, or world events.

- 1 2 3 4 5

I fully immerse myself in tasks with energized focus and enjoyment.

- 1 2 3 4 5

I engage in downtime or relaxation that lacks specific goals or focus to recharge my brain.

- 1 2 3 4 5

Personal Notes & Reflections:



SPIRITUAL WELLNESS

The search for meaning and purpose in human existence.

I feel that my life has a sense of direction or meaning to it.

1 2 3 4 5

I have sense of peace about my life.

1 2 3 4 5

I accept events and others as they are and do not make judgments.

1 2 3 4 5

I feel a sense of connectedness with creation and all other living beings.

1 2 3 4 5

Prayer and/or meditation are a regular part of my daily routine.

1 2 3 4 5

I live each day in a way that is consistent with my values.

1 2 3 4 5

Personal Notes & Reflections:

Based on your overall satisfaction within each dimension of wellness in your life, indicate the priority of each dimension for you when it comes to optimizing your wellness. You can use this information to begin developing your personal wellness plan.



Emotional Dimension

Priority Level: High Medium Low

Occupational Dimension

Priority Level: High Medium Low

Physical Dimension

Priority Level: High Medium Low

Social Dimension

Priority Level: High Medium Low

Intellectual Dimension

Priority Level: High Medium Low

Spiritual Dimension

Priority Level: High Medium Low

For the dimensions indicated as high or medium priority, please list any specific areas that need to be addressed: