



Intellectual: Focusing on creative, stimulating activities and opportunities to build confidence in oneself. Knowing the importance of keeping the brain active.

Current Wellness State (Circle One):

1 2 3 4 5

Current Activities: _____

Steps for Growth: _____

Dimensions of Wellness

Wellness is about being intentional in working toward living your life as fully as you can. There are different areas or dimensions that contribute to overall wellness. To be well, all dimensions must be a part of life. Take a moment to check and see how your loved one is doing in these wellness categories.



Emotional: Building positive and enthusiastic feelings about one's self and life. Coping with changes in life in healthy ways and improving overall outlook.

Current Wellness State (Circle One):

1 2 3 4 5

Current Activities: _____

Steps for Growth: _____



Physical: Gaining understanding about the body and its relationship to nutrition and physical activity. Staying motivated to improve overall health through movement and eating habits.

Current Wellness State (Circle One):

1 2 3 4 5

Current Activities: _____

Steps for Growth: _____

