

THE WELL-BEING CHECKLIST

How well do you care for yourself in the four dimensions of self – physical, emotional, mental and spiritual? Carefully review the following checklist of positive traits, and rate your well-being for each on a scale of 1 – 10 (0 – lowest; 10 – highest). For additional perspective, ask someone who knows and loves you to rate you as well.

Physical Well-Being

- _____ Satisfying, Restful Sleep Most of the Time
- _____ Good Nutritional Habits
- _____ Regular Balanced Meals
- _____ Conscious Healthcare – Regular Dental/Doctor Apts. Etc.
- _____ Regular, Enjoyable Exercise
- _____ Healthy Acceptance of Body-Type
- _____ Daily Relaxation
- _____ Living an Addiction-Free Life
- _____ Ongoing Physical Sports/Play
- _____ Abundant Energy & Vitality
- _____ Confidence in One's Appearance
- _____ Clothes that Feel & Look Complimentary
- _____ An Abundance of Affection & Touch
- _____ Sexual Fulfillment Ongoing
- _____ Frequent Fun Outings, Travel or Adventures

Emotional Well-Being

- _____ Compassion & Empathy for Self & Others
- _____ A Strong Sense of Belonging
- _____ Good Balance of Social & Solitude Time
- _____ Frequent Acknowledgement of Self and Others

- _____ Capacity to Know & Express One's Feelings & Needs
- _____ Capacity to Honor the Feelings & Needs of Others
- _____ Mature Handling of Negative Emotions
- _____ Listens Well to Others
- _____ A Good Sense of Humor
- _____ Capacity to Reach Out for Help When Needed
- _____ Positive, Non-Judgmental Communication
- _____ Close Friends of Both Sexes
- _____ Healthy Acceptance of Self and Others
- _____ Motivated by One's Own Life Direction
- _____ Has at Least One Influential Mentor
- _____ At Peace With Family & Friends Most of the Time
- _____ Experiencing Happiness Frequently
- _____ Capacity to be Honest in an Assertive & Respectful Way
- _____ Able to Face & Transform One's Weaknesses

Mental Well-Being

- _____ Stimulation in Career or Education
- _____ Enjoyable Hobbies/Activities
- _____ An Ongoing Love for Learning
- _____ Good Self- Discipline
- _____ Effective Time Management
- _____ Positive/Optimistic Attitude
- _____ Follows a Self-Created Daily Plan Much of the Time
- _____ Creates and Follows Through on Goals & Dreams
- _____ Ongoing Development of Talents

- _____ Clarity of Purpose in Career and Life
- _____ Responsible Handling of Money & Bookkeeping
- _____ Has a Growing, Diversified Financial Portfolio

Spiritual Well-Being

- _____ Feels Connected to a Power Greater Than Oneself
- _____ Has a Regular Spiritual Practice or Time to Reflect
- _____ Aspires to Live One's Highest Values
- _____ Has a Sense of Trust in Life
- _____ Experiences Frequent Awe & Appreciation
- _____ Connection With Nature
- _____ Ongoing Spiritual Learning & Study
- _____ Gives Back to the Community and Enjoys Being of Service
- _____ Frequent Gratitude for Self & Others
- _____ Unconditional Love & Regard for Self
- _____ Unconditional Love & Regard for Others
- _____ A Healthy Respect for Religious/Political Differences
- _____ Frequent Inner Peace & Serenity
- _____ Leads a Life of Integrity

An Exercise to Increase Your Sense of Well-Being

Choose one low-scoring area in each of the four dimensions above that most needs your attention and care at this time. With the support of a coach, come up with an action plan that will raise each of the 4 areas chosen to a rating between 7 and 10.

Be sure to celebrate all successes large and small along the way. When you achieve your goal, you will experience a much improved state of well-being and happiness. Congratulations in advance!

Review your checklist annually, or more often. Doing so will reinforce your commitment to living a life filled with well-being, joy and satisfaction.