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
_______ 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
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.