



The National Wellness Institute's

SIX DIMENSIONS OF WELLNESS

Self-reflection & W.E.L.L. Plan

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Defining & Activating Wellness

What is WELLNESS?

Throughout time and across cultures, the term "wellness" has been defined and applied in many ways. The National Wellness Institute encapsulates these interpretations by acknowledging that:

- Wellness is a conscious, self-directed, and evolving process of achieving one's full potential.
- Wellness encompasses lifestyle, mental and spiritual well-being, and the environment.
- Wellness is positive, affirming, and contributes to living a long and healthy life.
- Wellness is multicultural and holistic, involving multiple dimensions.

Canadian-born author and physician Halbert L. Dunn, MD (1896–1975) was the leading figure in establishing a national vital statistics system in the United States and is known as the *"father of the wellness movement."* His work focused on the distinction between good health—not being ill—and what he termed "high-level wellness," which he defined as *"a condition of change in which the individual moves forward, climbing toward a higher potential of functioning."*

This simple yet profound explanation of wellness was embraced by the National Wellness Institute and led directly to the compelling definition of wellness we still use today:

Wellness is functioning optimally within your current environment.

NWI's Six Dimensions of Wellness Model

Dr. Bill Hettler, co-founder of the National Wellness Institute, developed NWI's Six Dimensions of Wellness model in 1976. Today, this interdisciplinary model is recognized as the gold standard for promoting the interconnectedness of multiple dimensions, considers the range of personal factors influencing an individual's journey to optimal well-being, and is used by wellness leaders around the world to communicate about and drive innovative wellness initiatives. Along with the NWI Wellness Promotion Competency Model, it informs NWI's Certified Wellness Practitioner (CWP) credential and all NWI events, trainings, resources, tools, and advisory services.

While other models of wellness may highlight alternative dimensions, NWI's model includes these dimensions: Emotional, Physical, Intellectual, Occupational, Spiritual, and Social. What is important to remember is that wellness is multidimensional, all aspects of wellness are interrelated, and that people and place are co-dependent. Individuals who use the model or apply it in their professional work with others quickly become aware of the importance of focusing on multiple dimensions to achieve greater levels of fulfillment and to build a sense of holistic well-being.

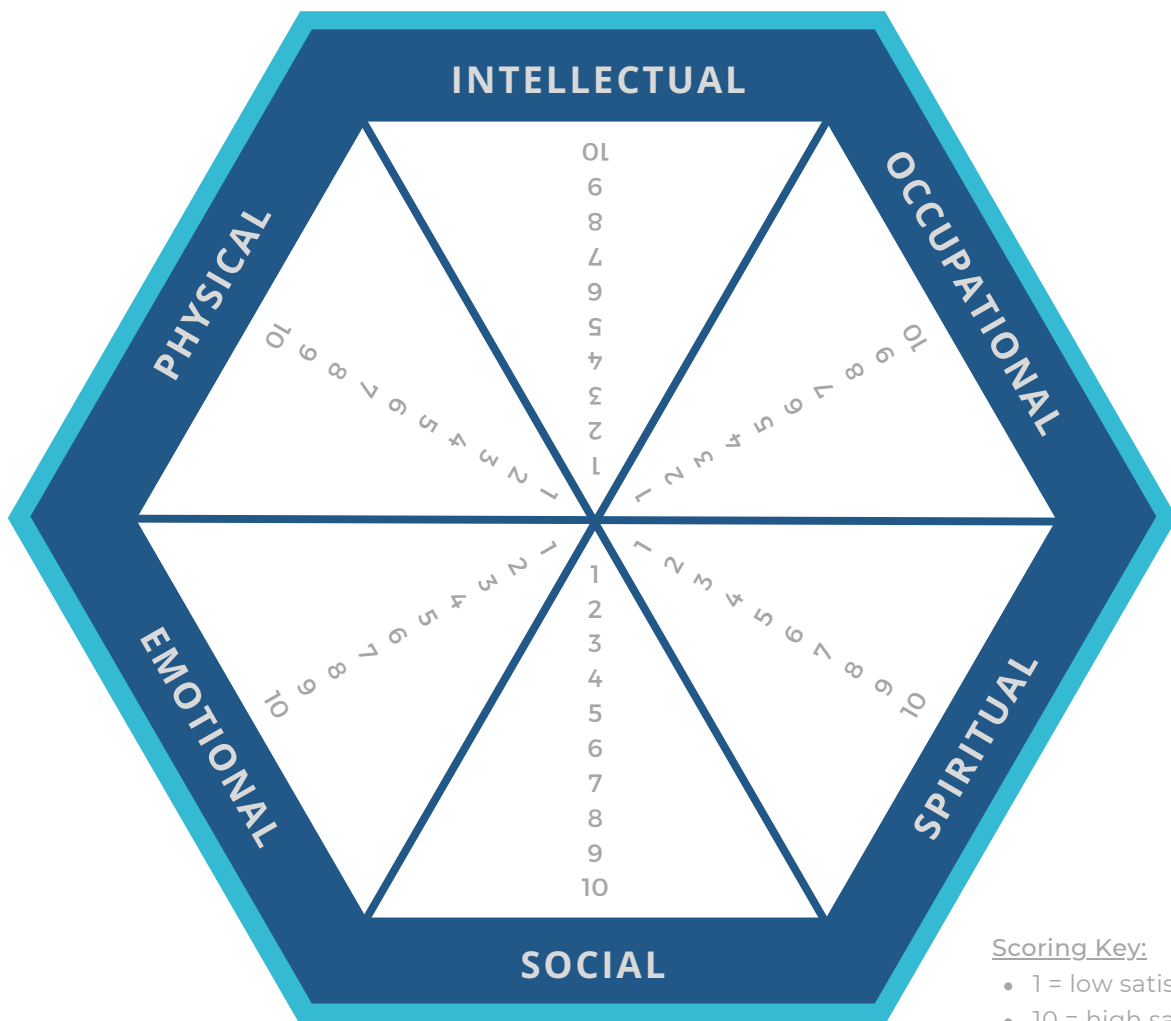
Mindfully focusing on wellness builds resilience and enables individuals to thrive amidst life's inevitable personal and professional challenges.

Visit NationalWellness.org/Resources to learn more about NWI's Six Dimensions of Wellness model, download the companion "Six Dimensions of Wellness: Defining & Activating Wellness" resource, and explore an array of tools to help activate wellness in your life and in the lives of those you work with.

Personal Wellness Rating

Identify and circle the number in each triangle below that indicates your current level of personal satisfaction within that dimension. The higher the number, the happier and more fulfilled you feel. As you complete this exercise, it is important to take your time, reflect, and be honest with yourself. Select a score that applies to your overall satisfaction right now versus where you desire to be, and that takes into consideration the various personal and professional aspects of your life.

Once you have identified a score for all six dimensions, draw a line from your score in one triangle to the next, until you have formed a new hexagon. This can help you identify key areas of focus.



Scoring Key:

- 1 = low satisfaction
- 10 = high satisfaction

Action Changes Things!

With your scores identified, you can begin to see which dimensions require attention and can start taking immediate and thoughtful actions to begin improving your scores. You can use the following pages to gain a better understanding of each dimension, self-reflect, and begin the process of creating a personal wellness improvement plan. As you do, remember that all six dimensions are connected and interrelated; changes in one dimension will impact all areas of your life.

Emotional Wellness

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

What is EMOTIONAL WELLNESS?

Emotional wellness recognizes the awareness and acceptance of one's feelings. It includes the degree to which one feels positive and enthusiastic about one's self and life, and the capacity to manage one's feelings and related behaviors, including the timely and realistic assessment of one's limitations. In this dimension, it is important to be aware of and accept one's own feelings, consider the feelings of others, develop autonomy, take an optimistic approach to life, and develop the ability to self-regulate in response to stress.



Emotional Wellness follows these core tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

Physical Wellness

The prioritization of physical self-care and engagement in a variety of health-enriching behaviors.

What is PHYSICAL WELLNESS?

Physical wellness recognizes the consistent prioritization of physical self-care and the engagement in a variety of health-enriching behaviors. As human beings, we require regular physical activity to maintain a healthy, active, and well-balanced lifestyle. Individuals are encouraged to stay physically fit, consume nutritious foods, establish healthy sleep patterns, prioritize rest and relaxation, and seek out appropriate care from trusted medical and wellness professionals when necessary.



Physical Wellness follows these core tenets:

- It is better to consume foods/beverages that enhance health rather than those which impair it.
- It is better to feel strong, be physically fit, and be well-rested than out of shape and tired.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

Intellectual Wellness

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

What is INTELLECTUAL WELLNESS?

Intellectual wellness brings awareness to the creative, stimulating activities that lead to learning, personal growth, and the sharing of one's unique gifts with others. It involves being curious about, committed to, and actively engaged in life-long learning. In this dimension, it is important to stretch one's thinking, challenge one's mind with a variety of mental and creative pursuits, learn from one's experiences, identify and address problems, and choose appropriate courses of action after careful analysis and based on available information.



Intellectual Wellness follows these core tenets:

- It is good to stretch and challenge one's mind with intellectual and creative pursuits.
- It is healthy to identify problems and take action versus contending with major concerns later.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

Occupational Wellness

The personal satisfaction and enrichment one receives in life through their employment, academic, or volunteer work.

What is OCCUPATIONAL WELLNESS?

Occupational wellness recognizes the personal satisfaction and the enrichment one receives through their employment, academic, and/or volunteer and community engagement activities.

In this dimension, it is important to seek out opportunities that are in direct alignment with one's values, interests, beliefs, and passions. Individuals are encouraged to develop interchangeable skills through a wide array of connection, networking, and engagement opportunities.



Occupational Wellness follows these core tenets:

- It is important to choose work that is consistent with one's personal values, interests, and beliefs.
- It is good to develop functional, transferable skills through structured involvement opportunities.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

Spiritual Wellness

The development of an appreciation for the depth and expanse of life and natural forces that exist in the universe.

What is SPIRITUAL WELLNESS?

Spiritual wellness recognizes the development of an appreciation for the depth and expanse of life and the natural forces that exist in the universe. It reflects one's search for meaning and purpose, and the value of human existence.

In this dimension, it is important to ponder one's purpose, to be open to the ideologies of others, and to live each day in a way that is consistent with one's values and beliefs.



Spiritual Wellness follows these core tenets:

- It is wise to ponder the meaning of life for ourselves and to be open to the beliefs of others.
- It is good to live each day in a way that is consistent with one's personal values and beliefs.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

Social Wellness

The contribution to one's environment and community with an emphasis on the interdependence between others and nature.

What is SOCIAL WELLNESS?

Social wellness recognizes the contribution to one's environment and community with an emphasis on the interdependence between others and nature. It includes contributing to the common welfare of one's community, thinking of others, maintaining awareness of one's importance in society, as well as the impact one has on multiple environments. In this dimension, individuals are encouraged to make a positive impact by connecting with others while activating wellness where they LIVE, WORK, LEARN, PLAY, and REFLECT.



Social Wellness follows these core tenets:

- It is better to contribute to the common welfare than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve or change within this dimension in the next 90 days?

What achievable action steps can you identify and take to achieve the changes you desire?

Action Step #1: _____

Action Step #2: _____

Action Step #3: _____

My Personal W.E.L.L. Plan

"The time for action is now. It's never too late to do something."

~ Antoine de Saint-Exupery ~

Toward the goal of enabling people to function optimally within their environment, NWI developed a unique W.E.L.L. framework to help evaluate wellness through the lens of four essential elements:



W = WHOLE PERSON

The W encourages individuals to focus on the Whole Person, including all aspects of life, and recalling that wellness is multidimensional in nature. This doesn't mean working on multiple goals or taking multiple action steps within all dimensions of wellness at one time. What is important in this element is to acknowledge that all dimensions of wellness are closely connected and interrelated.

E = ENVIRONMENT

The E reminds us that the environment has a significant impact on wellness. When reflecting on the influence of the environments an individual finds themselves in (where they live, work, learn, play, and reflect), it is important to utilize and implement a variety of resources, tools, and supporting practices that can promote optimal well-being to enhance one's goals, defined action steps, and outcomes.

L = LIFESTYLE

The first L brings attention to the array of Wellness Activators that define and support one's lifestyle and their ability to function optimally in their current environment. The way in which a person chooses to live—their lifestyle—can positively or adversely impact their health and well-being.

L = LEARNING

The second L highlights the importance of learning and the self-awareness gained through thoughtfully considering where one is within each of the Six Dimensions of Wellness. This information is instrumental to personal growth and sets the stage for achieving purposeful goals and reaching one's full potential.



My Personal W.E.L.L. Plan

"The time for action is now. It's never too late to do something."

~ Antoine de Saint-Exupery ~

The Value of Self-awareness

Self-awareness paves the way to understanding why we feel what we feel and why we may behave in particular ways. With awareness, we are equipped to accept the things about ourselves that we cannot change and change the things we can to create the life we want to have. It positions us to better overcome obstacles, face challenges head-on, manage stress, understand others, develop greater levels of compassion and empathy, and build our wellness, well-being, and resilience skills.

As you set out to develop an actionable Personal W.E.L.L. Plan, the value of self-awareness cannot be overstated. Awareness is a valuable tool that helps one evaluate where they are, identify where they want to be, set achievable goals, and navigate their journey with greater ease. Use the awareness brought forth in each personal self-reflection section as you continue completing these worksheets.

What have I discovered about myself during this Six Dimensions self-reflection process?

How will these discoveries help support me as I advance my personal health and well-being?

How can/will I continue to deepen my self-awareness beyond this work?

Who can I turn to as trusted mentors and/or accountability partners now and in the future?

My Personal W.E.L.L. Plan

"Action is the foundational key to all success."

~ Pablo Picasso ~

W = WHOLE PERSON

Which dimensions am I most positive about right now?

Which dimensions require my focus and attention right now?

Which dimension will I focus on specifically for the next 90 days? _____

What do I specifically want to improve or change within this dimension?

How might the changes I choose to make in one dimension impact the other dimensions?

What challenges do I foresee as I bring attention to my whole person and changing my behavior?

My Personal W.E.L.L. Plan

"Well done is better than well said."

~ Benjamin Franklin ~

E = ENVIRONMENT

Where do I thrive? What about this environment helps me thrive?

Where do I NOT thrive? What about this environment is difficult for me?

How might different environments positively impact my efforts in the dimension I am focusing on?

How might different environments impede my change efforts in the dimension I am focusing on?

How can I adjust the environment or my behavior to the environment so I can function optimally?

My Personal W.E.L.L. Plan

"Words may inspire but only action creates change."

~ Simon Sinek ~

L = LIFESTYLE

Which of the following Wellness Activators am I most confident about right now?

- ____ Breath
- ____ Nutrition
- ____ Sleep
- ____ Security
- ____ Connection
- ____ Nature
- ____ Movement
- ____ Creativity
- ____ Purpose
- ____ Authenticity

Which of the following Wellness Activators will I focus on for the next 90 days?

- ____ Breath
- ____ Nutrition
- ____ Sleep
- ____ Security
- ____ Connection
- ____ Nature
- ____ Movement
- ____ Creativity
- ____ Purpose
- ____ Authenticity

What other essential Wellness Activators do I need to consider or add to this list?

What potential obstacles should I consider while making improvements to these activators?

What resources do I need to have to support the changes I want to make?

My Personal W.E.L.L. Plan

"The only impossible journey is the one you never begin."

~ Tony Robbins ~

L = LEARNING

What elements of the Six Dimensions model and W.E.L.L framework resonate most with me?

What has been my #1 take-away from this process?

What am I most excited to learn moving forward? How do I prefer to learn?

What, if any, barriers to personal and/or professional learning exist? How can I remove them?

How will I continue to nurture my skills and grow my well-being practices in the future?
