

The Wellness Sketch



(1) WELLNESS BELIEFS

What has helped form my beliefs about wellbeing?

(2) VIEW OF HUMAN NATURE

What is my view of the human body, emotions, mind, and will or spiritual life?

(3) HOPEFUL OUTLOOK

When I am faced with a difficulty, on a scale of 1 - 10, what is the typical amount of hope I have when addressing it? (0 = no hope; 10 = 100% hopeful)

(4) FULL LIFE ATTITUDE

When I consider improving my wellbeing, do I attend to one of my wellness dimensions (e.g., physical) or more than one wellness dimension (e.g., body, relationships, emotions, thinking, environment, occupation, finance, spiritual life, etc.)?

(5) BODY AWARENESS

What areas of my body show me I am in a state of stress?

(6) SPIRITUAL CHILDHOOD

Do I consider myself a child of God?

(7) EMOTIONAL AGE

Do my emotional responses resemble someone of a younger chronological age?

(8) HEART'S DESIRES

What are some of the longings in my heart, and how do I relate to these?

(9) EMOTIONAL BALANCE

Which one or more of my emotions tend to be out of line in challenging situations?

(10) MORAL DEVELOPMENT

Do I struggle too much to choose what is right when faced with opportunities for wrongdoing?