

Authentic You Belief Coaching

12 Dimensions of Wellness Exercise Template

Scoring Key

- 1 – I'm very unhappy with this part of my life.
- 2 – I'm dissatisfied with this part of my life.
- 3 – This part of my life is pretty good, but could use improvement.
- 4 – I am content, but a few tweaks could make it even better.
- 5 – I am completely fulfilled in this area right now.

Dimension	Reflective questions	1	2	3	4	5	Notes
🧠 Emotional + Regulation, Resilience, Self compassion	1) Do I feel comfortable expressing and communicating my feelings to people I trust? 2) Do I manage my emotions in healthy ways during stress? 3) Do I practise self-compassion and kindness toward myself? 4) Do I adapt to change with resilience, even when it feels challenging? 5) Do I see conflict as an opportunity for growth and healthier relationships?						
🏃 Physical + Movement, Nutrition, Sleep, Body awareness	1) Do I eat a balanced diet and drink enough water each day? 2) Do I engage in regular physical activity that supports my health and energy? 3) Do I act responsibly with alcohol, medication, or other substances? 4) Do I generally feel free from illness or chronic pain? 5) Do I engage in activities that help me release tension and relax?						
👥 Social + Connection, Reciprocity, Boundaries	1) Do I have a sense of belonging in my relationships and communities? 2) Do I set healthy boundaries with others? 3) Do I have people in my life that I can trust? 4) Do I communicate openly and respectfully with people in my life? 5) Do I practise reciprocity in my relationships (giving and receiving support equally)?						
📖 Intellectual + Curiosity, Learning, Mental stimulation	1) Do I strive to learn new things and exercise my brain? 2) Do I use my creative abilities to explore ideas or solve problems? 3) Do I engage with books, articles, or other content that interests me? 4) Do I seek out diverse perspectives and challenge myself to think in new ways? 5) Do I cultivate positive and constructive thought patterns in daily life?						
🕊️ Spiritual + Meaning, Values, Inner peace	1) Do I have a sense of meaning and purpose in life? 2) Do I trust other people and accept them for who they are? 3) Do I forgive myself and others in ways that support inner peace? 4) Do I have values and beliefs that guide my life? 5) Do I take time for silence, solitude, or spiritual practices that bring inner peace?						
🌿 Environmental + Safe, Peaceful, Eco aware spaces	1) Do I spend time outside in safe, pleasant, and stimulating spaces? 2) Do I participate actively in my community? 3) Do I maintain a home environment that feels peaceful and de-cluttered? 4) Do I create spaces that promote learning and contemplation? 5) Do I stay aware of how human activity impacts the environment?						
💼 Occupational + Satisfaction, Balance, Purpose in roles	1) Do I feel personal satisfaction and meaning in my work, studies, or volunteer roles? 2) Do I maintain a healthy balance between work, study, and leisure time? 3) Do I communicate effectively and respectfully with colleagues, peers, or supervisors? 4) Do I set career or role goals that provide direction and motivation? 5) Do I learn from mistakes and move forward with resilience in my work or studies?						
💰 Financial + Control, Literacy, Planning, Security	1) Do I have a budget, and am I able to save money for current and future needs? 2) Do I use my money wisely and responsibly in daily decisions? 3) Do I have clear financial goals and plans that guide my choices? 4) Do I understand basic financial concepts and feel confident making financial decisions? 5) Do I feel comfortable asking for financial advice or support when I need it?						
🎮 Recreational + Leisure, Hobbies, Play, Joy	1) Do I make time for activities that bring me joy and fun? 2) Do I balance productivity with play and relaxation? 3) Do I explore new hobbies or recreational interests? 4) Do I participate in recreational activities with others for connection? 5) Do I allow myself to enjoy downtime without guilt?						
🎨 Creative + Imagination, Expression, Artistry, Playful experimentation	1) Do I make time for artistic or playful activities that bring me joy? 2) Do I explore new forms of creative expression without fear of mistakes? 3) Do I use creativity as a tool for relaxation and stress relief? 4) Do I share creative work with others to foster connection and joy? 5) Do I seek opportunities to expand my creative skills through workshops or community events?						
📱 Digital + Mindful tech use, Boundaries, Intentional engagement	1) Do I balance my screen time with offline activities that support my well-being? 2) Do I set healthy boundaries around my digital use (notifications, social media, work emails)? 3) Do I explore digital tools that enhance well-being and productivity? 4) Do I feel confident and safe in my online interactions and digital environments? 5) Do I use technology intentionally, rather than out of habit or compulsion?						
🛌 Restorative + Rest, Recovery, Renewal, Burnout prevention	1) Do I allow myself time to rest and recover without guilt? 2) Do I maintain healthy sleep habits that support my energy and focus? 3) Do I practise relaxation techniques that help me release stress and restore balance? 4) Do I listen to my body's signals when I need to slow down? 5) Do I create space for restoration after periods of stress or burnout?						