

## 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	<ol style="list-style-type: none"> <li>1) Do I feel comfortable expressing and communicating my feelings to people I trust?</li> <li>2) Do I manage my emotions in healthy ways during stress?</li> <li>3) Do I practise self-compassion and kindness toward myself?</li> <li>4) Do I adapt to change with resilience, even when it feels challenging?</li> <li>5) Do I see conflict as an opportunity for growth and healthier relationships?</li> </ol>						
🏃 Physical + Movement, Nutrition, Sleep, Body awareness	<ol style="list-style-type: none"> <li>1) Do I eat a balanced diet and drink enough water each day?</li> <li>2) Do I engage in regular physical activity that supports my health and energy?</li> <li>3) Do I act responsibly with alcohol, medication, or other substances?</li> <li>4) Do I generally feel free from illness or chronic pain?</li> <li>5) Do I engage in activities that help me release tension and relax?</li> </ol>						
👥 Social + Connection, Reciprocity, Boundaries	<ol style="list-style-type: none"> <li>1) Do I have a sense of belonging in my relationships and communities?</li> <li>2) Do I set healthy boundaries with others?</li> <li>3) Do I have people in my life that I can trust?</li> <li>4) Do I communicate openly and respectfully with people in my life?</li> <li>5) Do I practise reciprocity in my relationships (giving and receiving support equally)?</li> </ol>						
📖 Intellectual + Curiosity, Learning, Mental stimulation	<ol style="list-style-type: none"> <li>1) Do I strive to learn new things and exercise my brain?</li> <li>2) Do I use my creative abilities to explore ideas or solve problems?</li> <li>3) Do I engage with books, articles, or other content that interests me?</li> <li>4) Do I seek out diverse perspectives and challenge myself to think in new ways?</li> <li>5) Do I cultivate positive and constructive thought patterns in daily life?</li> </ol>						
🕊️ Spiritual + Meaning, Values, Inner peace	<ol style="list-style-type: none"> <li>1) Do I have a sense of meaning and purpose in life?</li> <li>2) Do I trust other people and accept them for who they are?</li> <li>3) Do I forgive myself and others in ways that support inner peace?</li> <li>4) Do I have values and beliefs that guide my life?</li> <li>5) Do I take time for silence, solitude, or spiritual practices that bring inner peace?</li> </ol>						
🌿 Environmental + Safe, Peaceful, Eco aware spaces	<ol style="list-style-type: none"> <li>1) Do I spend time outside in safe, pleasant, and stimulating spaces?</li> <li>2) Do I participate actively in my community?</li> <li>3) Do I maintain a home environment that feels peaceful and de-cluttered?</li> <li>4) Do I create spaces that promote learning and contemplation?</li> <li>5) Do I stay aware of how human activity impacts the environment?</li> </ol>						
💼 Occupational + Satisfaction, Balance, Purpose in roles	<ol style="list-style-type: none"> <li>1) Do I feel personal satisfaction and meaning in my work, studies, or volunteer roles?</li> <li>2) Do I maintain a healthy balance between work, study, and leisure time?</li> <li>3) Do I communicate effectively and respectfully with colleagues, peers, or supervisors?</li> <li>4) Do I set career or role goals that provide direction and motivation?</li> <li>5) Do I learn from mistakes and move forward with resilience in my work or studies?</li> </ol>						
💰 Financial + Control, Literacy, Planning, Security	<ol style="list-style-type: none"> <li>1) Do I have a budget, and am I able to save money for current and future needs?</li> <li>2) Do I use my money wisely and responsibly in daily decisions?</li> <li>3) Do I have clear financial goals and plans that guide my choices?</li> <li>4) Do I understand basic financial concepts and feel confident making financial decisions?</li> <li>5) Do I feel comfortable asking for financial advice or support when I need it?</li> </ol>						
🎮 Recreational + Leisure, Hobbies, Play, Joy	<ol style="list-style-type: none"> <li>1) Do I make time for activities that bring me joy and fun?</li> <li>2) Do I balance productivity with play and relaxation?</li> <li>3) Do I explore new hobbies or recreational interests?</li> <li>4) Do I participate in recreational activities with others for connection?</li> <li>5) Do I allow myself to enjoy downtime without guilt?</li> </ol>						
🎨 Creative + Imagination, Expression, Artistry, Playful experimentation	<ol style="list-style-type: none"> <li>1) Do I make time for artistic or playful activities that bring me joy?</li> <li>2) Do I explore new forms of creative expression without fear of mistakes?</li> <li>3) Do I use creativity as a tool for relaxation and stress relief?</li> <li>4) Do I share creative work with others to foster connection and joy?</li> <li>5) Do I seek opportunities to expand my creative skills through workshops or community events?</li> </ol>						
📱 Digital + Mindful tech use, Boundaries, Intentional engagement	<ol style="list-style-type: none"> <li>1) Do I balance my screen time with offline activities that support my well-being?</li> <li>2) Do I set healthy boundaries around my digital use (notifications, social media, work emails)?</li> <li>3) Do I explore digital tools that enhance wellbeing and productivity?</li> <li>4) Do I feel confident and safe in my online interactions and digital environments?</li> <li>5) Do I use technology intentionally, rather than out of habit or compulsion?</li> </ol>						
🛌 Restorative + Rest, Recovery, Renewal, Burnout prevention	<ol style="list-style-type: none"> <li>1) Do I allow myself time to rest and recover without guilt?</li> <li>2) Do I maintain healthy sleep habits that support my energy and focus?</li> <li>3) Do I practise relaxation techniques that help me release stress and restore balance?</li> <li>4) Do I listen to my body's signals when I need to slow down?</li> <li>5) Do I create space for restoration after periods of stress or burnout?</li> </ol>						