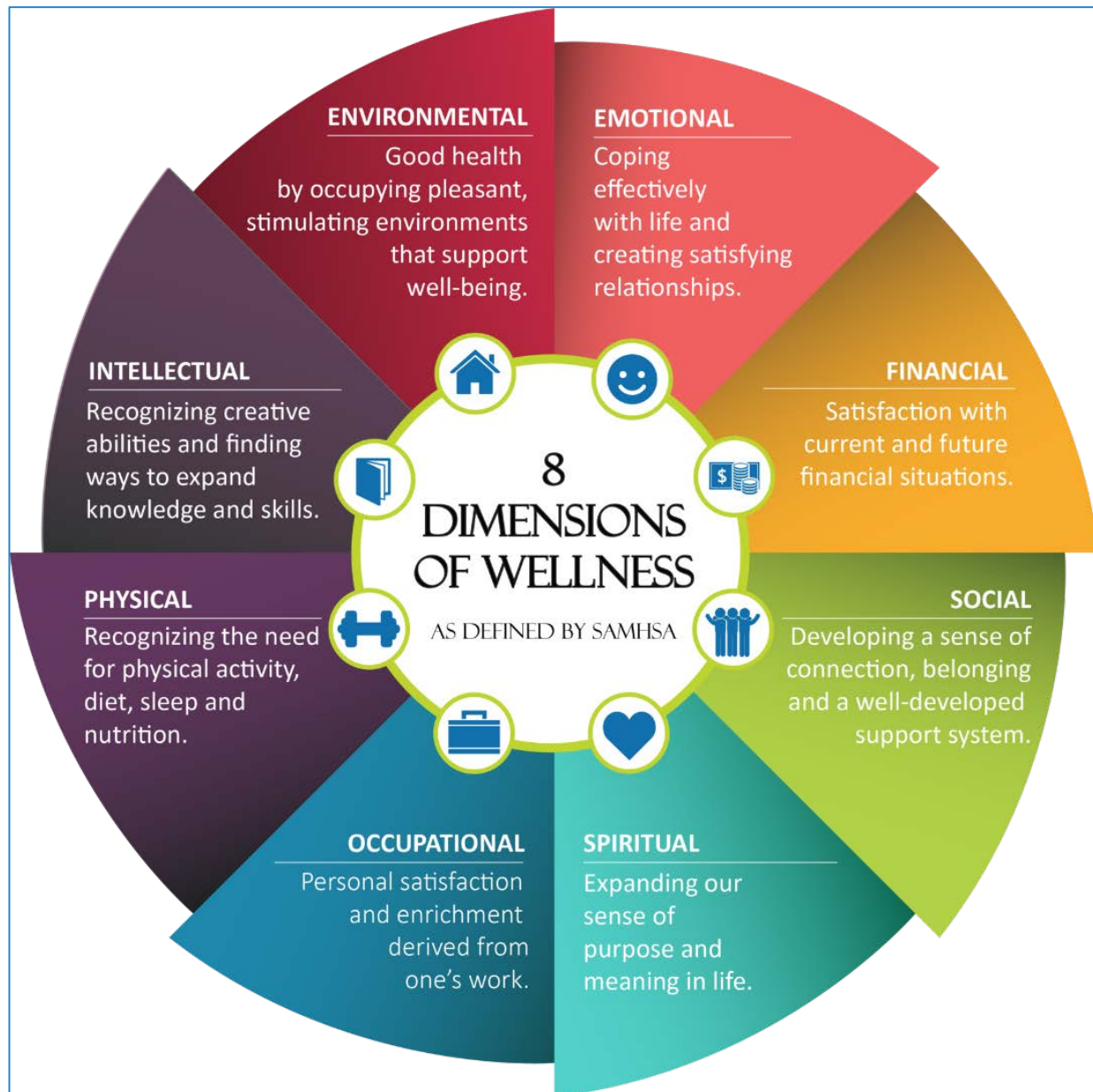


Eight Dimensions of Wellness



Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

Taking a snapshot of the moment

This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures level of satisfaction in these areas in the moment you work through this exercise. It is not a picture of how it has been in the past or what it will be in the future. It is a snapshot taken in the moment. Today, how do you feel about each part of your life?

SAMPLE:

