



Emotional Wellness Questions

- Do you allow yourself to be open to and acknowledge your feelings without judgment?
- Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts?
- Do you see challenges as opportunities for growth?
- Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need?
- Have you tried yoga, breathing, or meditation to remain calm and centered?
- Are you maintaining a daily routine?
- Are you eating some meals without distractions, like checking your phone or watching TV?

Financial Wellness Questions

- How does the domain of financial wellness impact your life? How is it related to your wellness?
- Does your current job or retirement allow you to meet your obligations and have resources to do things you enjoy?
- Are you working in a field that you are passionate about or do well? Or are you looking at doing something differently, perhaps more personally gratifying?
- Are you looking for paid or volunteer work?

Social Wellness Questions

- Have you made a date with friends for a movie, dinner, coffee, or other social activities?
- Are you keeping in touch with family or friends? You can pick up the phone and catch up if they are too far away—even a phone call can lift your spirits.
- Are you going out and meeting people with your same interests?
- Are you making time to go to places where you can meet new people, or visiting a new location?

Spiritual Wellness

- Are you taking the time to determine what values, principles, and beliefs are important to you? Have you considered talking about them with others?
- Are you using your spirituality to drive your actions and thoughts and give a better meaning to life?
- Have you looked for a group in your community that deepens your spiritual practice and helps you connect with others who share your beliefs?
- Do you reach out and help others when they are in need?

Occupational

- Does your work offer personal satisfaction and stimulation, and allow you to contribute your talents, gifts, and knowledge?
- Do you schedule time for leisure?
- Are you in a career that you look forward to and that gives you a sense of accomplishment and pride?

Physical Wellness

- Do you have access to fresh, healthy food?
- Are you getting regular physical activity whenever you can, and making it fun?
- Are you getting 7 to 8 hours of sleep a night whenever possible?
- Are you avoiding exercise within a few hours of bedtime, as well as “screen time”?
- Have you tried tools that can help you cut down or quit using tobacco products, alcohol, or other drugs?
- Do you carry a list of your medications with you in case of emergency?
- Do you visit your doctor, dentist, or other health care provider for routine care and monitoring?
- Do you know how to check your blood pressure, waist circumference, and blood sugar to prevent chronic conditions like diabetes?

Intellectual Wellness

- Have you considered teaching a class or leading a workshop based on skills, knowledge, or experience you have?
- Do you enjoy reading? Might you be interested in books, magazines, blogs, Facebook, etc.?
- What would you like to do or learn? Have you considered creative arts such as drawing, pottery, or photography?
- Have you considered inviting a friend, family member, or coworker to attend a lecture, musical performance, or play?
- If you are interested in continuing education, are there available classes near you that might lead you to getting a volunteer or paid job or to performing better at a job?
- Are you keeping your mind sharp by playing brain games, mind teasers, or fun memory-enhancing games?
- Have you read up on current affairs locally, nationally, and internationally lately?
- Do you enjoy taking part in discussions, intellectual conversations, debates, or other ways of gaining an enhanced understanding of issues?

Environmental

- Are you recycling whenever possible, and buying recycled products?
- Do you limit the power and water you use at home?
- Are you spending as much time outdoors as possible?
- Have you visited a public park to either play a sport like tennis or basketball or just take a walk?
- Are you going through mail and other paperwork frequently to get rid of clutter?
- Do you organize your workspace from time to time and add things that make you happy?
- Is your living space filled with styles and textures you enjoy?