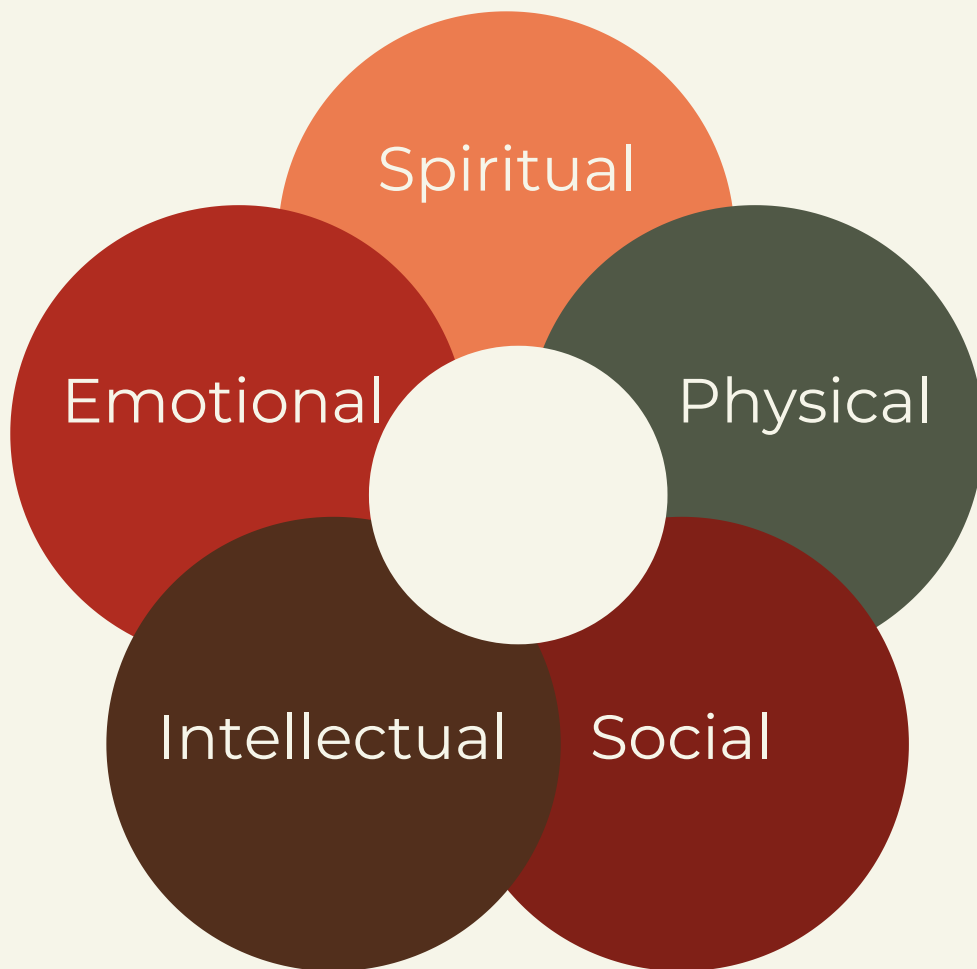


# 5 DIMENSIONS OF WELLNESS



COLORADO SPIRIT

COSPIRIT.ORG

# OUR TEAM



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Wellness is part of everything we do, every emotion we feel, and our general well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important to nurture our wellness to subdue stress, reduce the risk of illness and ensure positive interactions.



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# Questions to Explore

These are questions to ask your client to help them begin to explore their values. Pick a few to discuss as a group.

Self Ice-Breaker: Take a few minutes to break the ice with yourself. Pick 1-2 questions below to answer and be prepared to share with the group.

- What words would you use to define and describe yourself?
- Life meaning and purpose:
  - What would I like to accomplish in this life?
  - What have been peak experiences in my life?
- Demonstrating values through my words and actions:
  - Are my values guiding my decisions and actions?
- Hope:
  - How do I get through tough times? What sustains me in times of need?
  - Where do I find comfort? What brings me inner peace?
- Interactions with those around me:
  - Do I make attempts to expand my awareness?
  - How do I try to understand those who are different from me?
  - Am I tolerant of others' views about life issues? Am I kind to those who are different from me?
  - How do I make new friendships/relationships?

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# Questions to Explore

These are questions to ask your client to help them begin to explore their values. Group Ice-Breaker: Analyze your current patterns, by choosing the options you most identify with. After choosing, discuss your choices with your group.

- Mornings, midday, or evenings?
- Destination or the journey?
- Marathon or sprint?
- Spender or saver?
- Simplicity or abundance?
- Finisher or opener?
- Familiarity or novelty?
- Introverted or extroverted?
- Feelings or logic?
- Details or ideas?
- Have a plan or go with the flow?
- Working alone or with a team?
- Predictability or spontaneity?

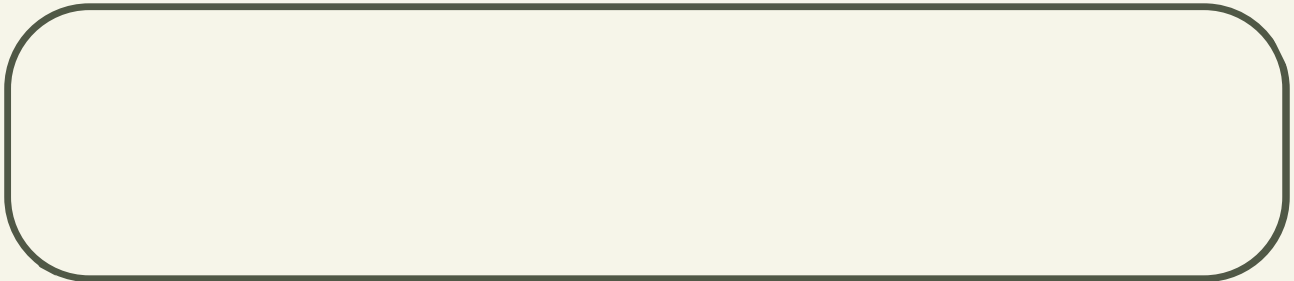


# VALUES DISCOVERY

1. Imagine a time when you felt at peace, what values were present?



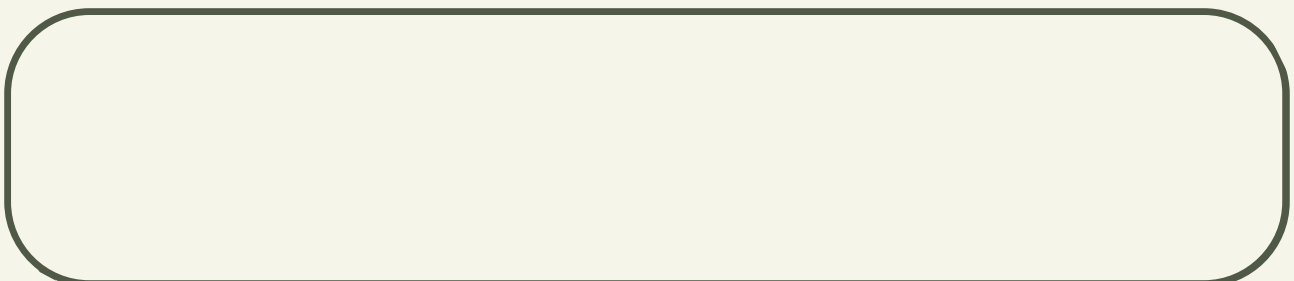
2. Describe a time when you felt a sense of meaning, what values were present?



3. Think of 2-4 people you admire or love the most. Why are they important to you? What values do they embody?



4. Recall big decisions and explore your choices, take a moment to observe your patterns. What did you want? What were you willing to give up? What was non-negotiable?

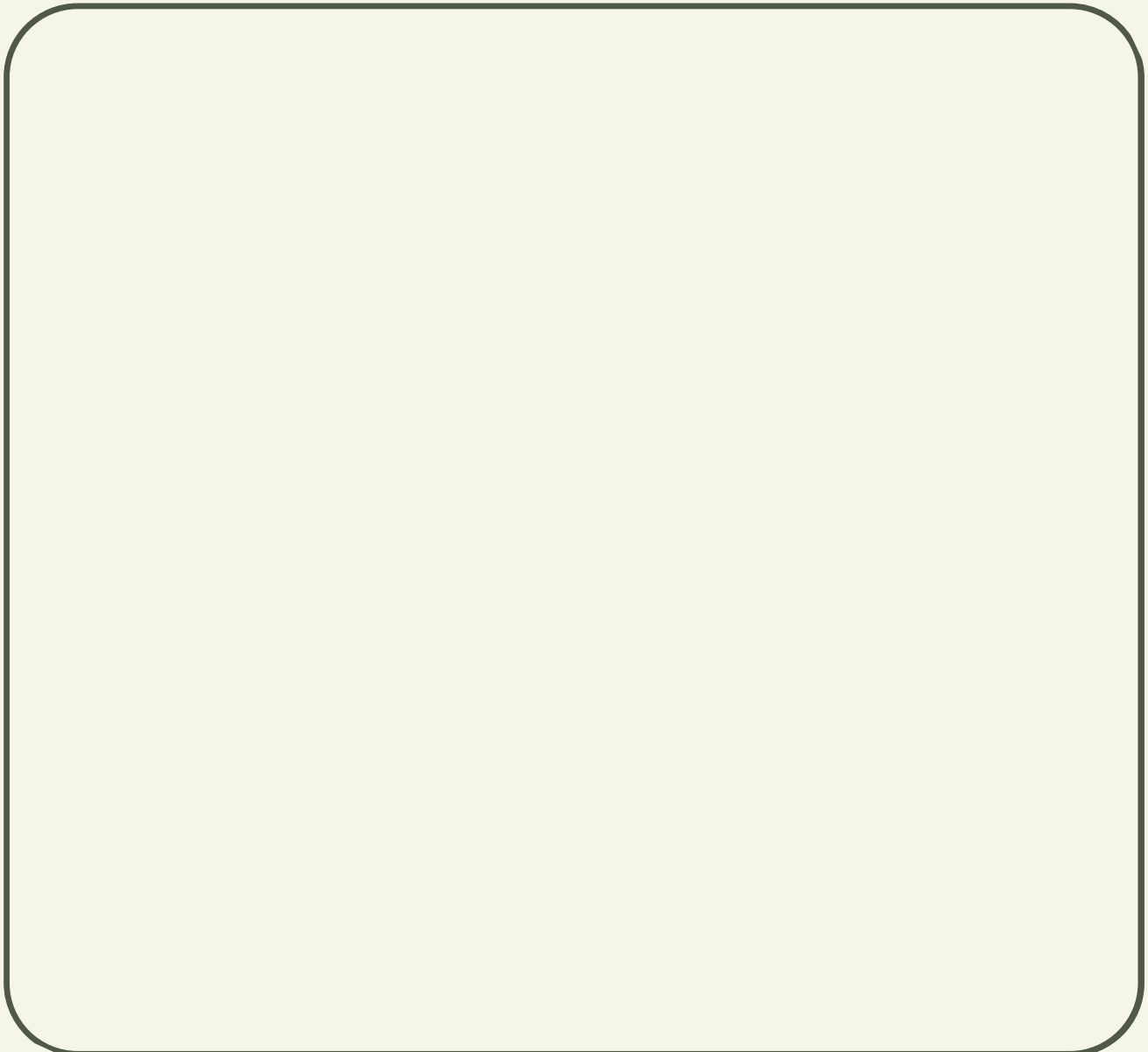


# VALUES DISCOVERY

5. Choose 6-8 top values from the values list. For a list of values see page 8.

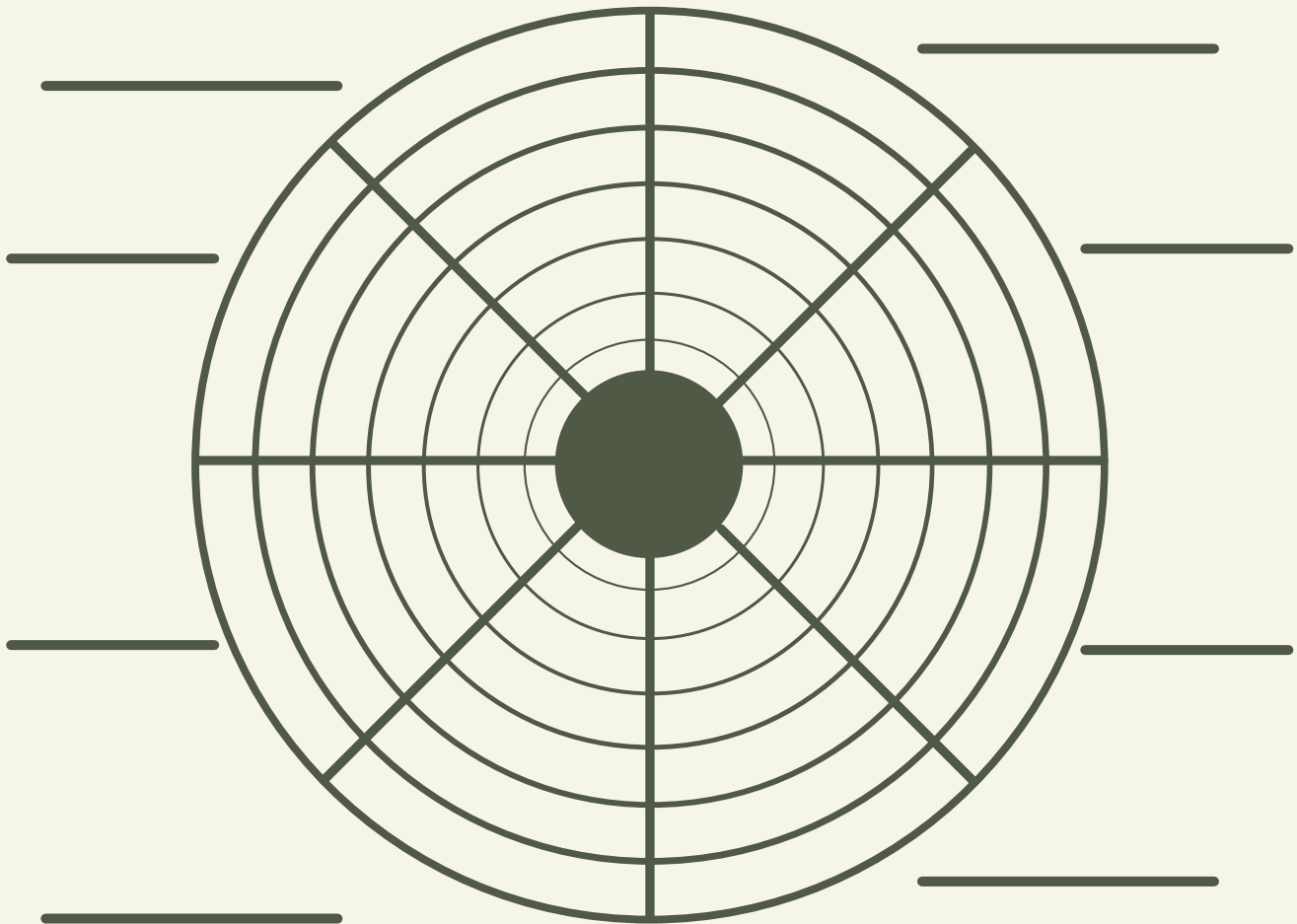


6. Define your top 6-8 values. Order them based on importance, and if you're struggling to order them, think of a situation where these values would be in conflict and how you would handle it.



# VALUES DISCOVERY

Using the bullseye below, identify how in touch you are with each of your values. Place a mark closer to the center of the bullseye for values you feel in touch with, and a mark towards the outside for those you feel disconnect from.



If one of your values is farther from the center, do you feel this needs to change? If so, how? If not, why? If none were out of touch, then what's been going well?



# VALUES DISCOVERY

<https://personalval.es>



Accountability  
Achievement  
Adaptability  
Adventure  
Altruism  
Ambition  
Authenticity  
Authority  
Autonomy  
Balance  
Beauty  
Being the best  
Belonging  
Boundaries  
Career  
Caring  
Charity  
Cleanliness  
Collaboration  
Commitment  
Communication  
Community  
Compassion  
Competence  
Confidence  
Connection  
Consideration  
Consistency  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity  
Dedication  
Determination  
Dignity  
Directness  
Diversity  
Environment  
Efficiency  
Equality  
Encouragement  
Ethics

Excellence  
Fairness  
Faith  
Family  
Financial stability  
Forgiveness  
Freedom  
Friendship  
Fun  
Future generations  
Generosity  
Giving back  
Grace  
Gratitude  
Growth  
Harmony  
Health  
Home  
Honesty  
Hope  
Humility  
Humor  
Inclusion  
Independence  
Initiative  
Integrity  
Intuition  
Job security  
Joy  
Justice  
Kindness  
Knowledge  
Laughter  
Leadership  
Learning  
Legacy  
Leisure  
Love  
Loyalty  
Making a difference  
Nature  
Nurturance  
Openness  
Optimism  
Order

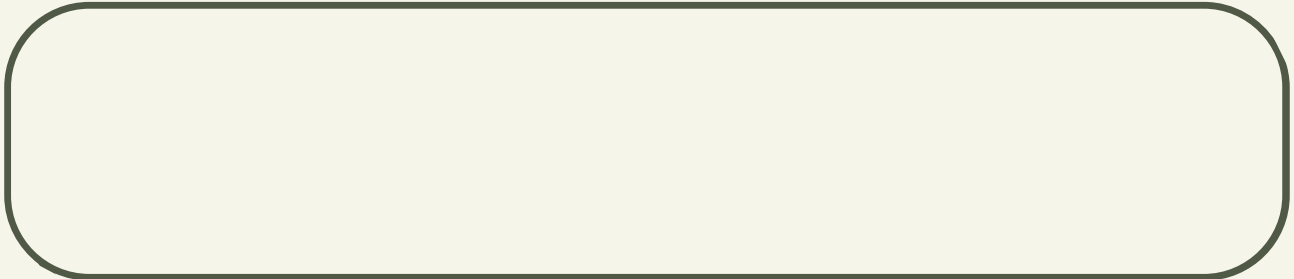
Parenting  
Patriotism  
Peace  
Perseverance  
Personal fulfillment  
Play  
Power  
Pride  
Recognition  
Relaxation  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk-taking  
Safety  
Security  
Self-awareness  
Self-discipline  
Self-expression  
Self-improvement  
Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Teamwork  
Thrift  
Time  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wholeheartedness

# CULTURAL VALUES

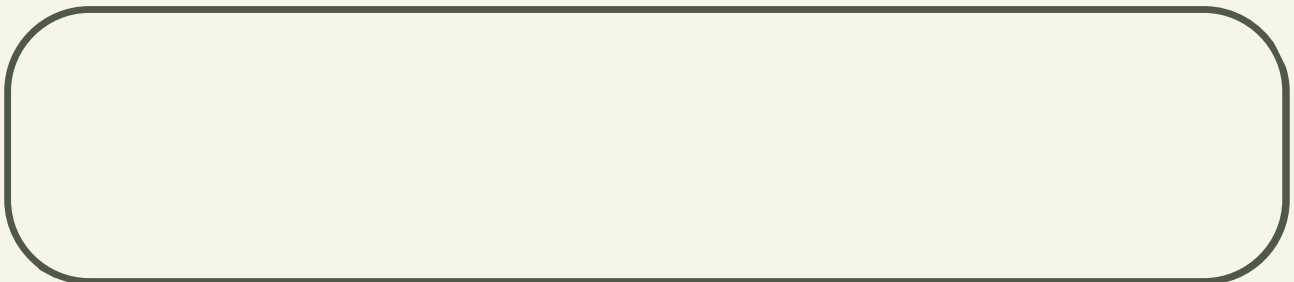
Now that you've worked to determine your own values, let's look at how culture influences the values we hold. Which cultural systems do you interact with? What are these systems' values? Are there times that the values you experience conflict with the values you encounter in the world around you?

What are cultural values? Cultural values, in contrast to work or personal values, are values that you believe our larger culture endorses. Indeed, your personal values may sometimes differ significantly from what you believe larger cultural values to be. Cultural values are your interpretation of what your community or larger society is telling us to do.

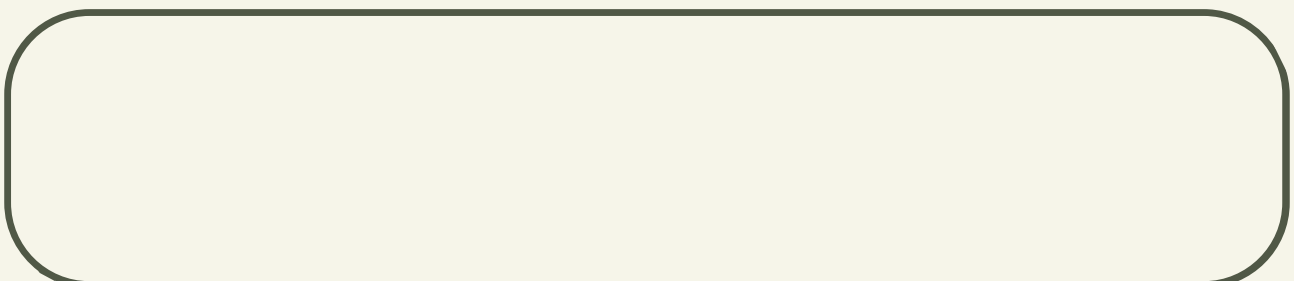
1. Think of a time when you were young and praised, or received recognition for something; what values were being exemplified?



2. Think of a time at work when you were praised or received recognition for something; what values were being exemplified?



3. What messages did you receive about work growing up? Which careers did you feel were valuable? Which careers were you encouraged to pursue by your family or community?

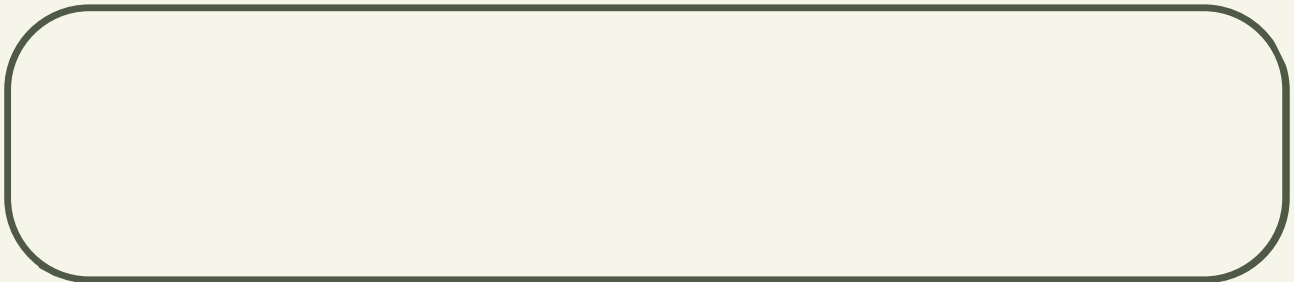


# CULTURAL VALUES

4. What is it within those careers that was considered valuable by your family or community? Are there any career choices you feel like you must justify to be accepted?



5. Think about a time that your identified value conflicted with a cultural/work expectation; how did you feel? What did you do?



6. List any values that your culture or work value.



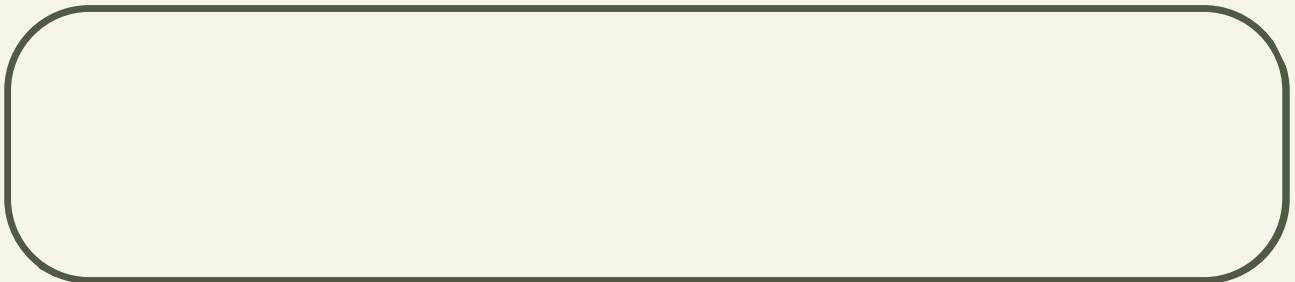
# VALUES AND THE 5 DIMENSIONS OF WELLNESS

Now that we've identified our values, connect these values to the Five Dimensions of Wellness, which are: spiritual, physical, intellectual, social, and emotional. You can connect one or all of the values to each individual wellness area. Draw pictures/objects or write descriptions of how these values relate, influence, or show up in the wellness area. There are definitions provided for each dimension for your reference.

Spiritual wellness is following a set of values, morals, and beliefs to guide your actions and help to form meaningful habits. Habits can also provide a sense of purpose and meaning.



Physical wellness involves making choices to fulfill our bodies in a way that is meaningful for us. This includes a balance of activities that align with our values in regard to our physical health.

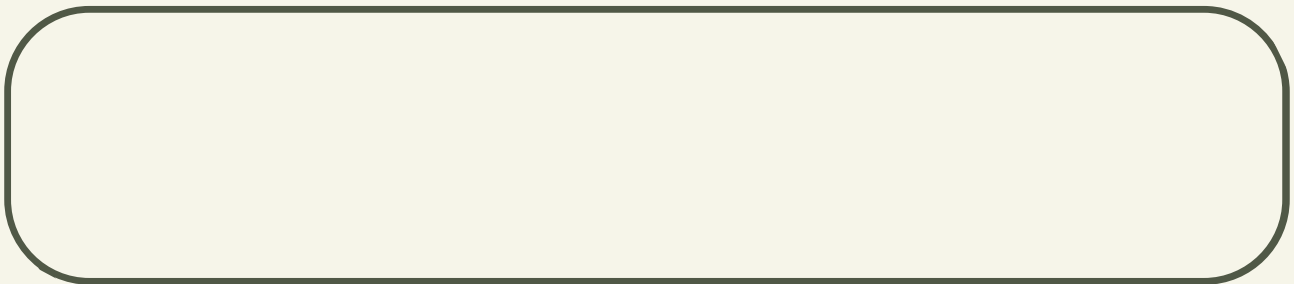


# VALUES AND THE 5 DIMENSIONS OF WELLNESS

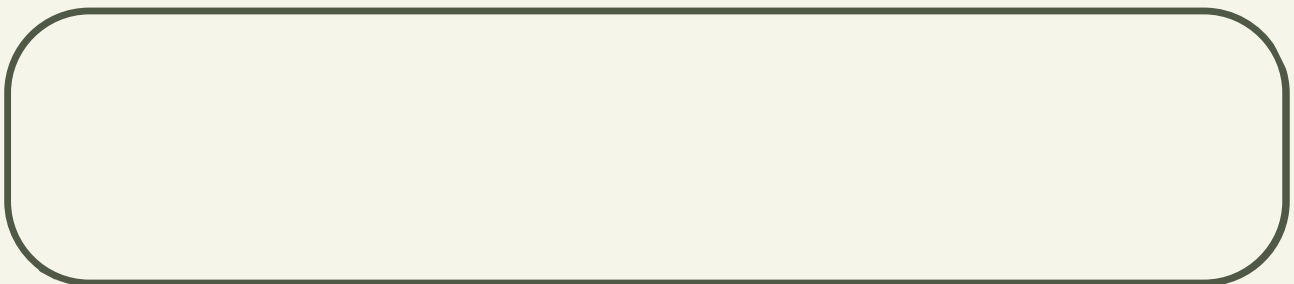
Intellectual wellness is immersing oneself cognitively in ways that stimulate our thoughts in order to foster growth, encourage mental engagement, and spark creativity.



Social wellness refers to the relationships we have and how we interact with others. This involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.



Emotional wellness is the process of recognizing, understanding, and accepting our emotions; it involves the ability to remain in the present moment and effectively handle change and challenges that come our way.

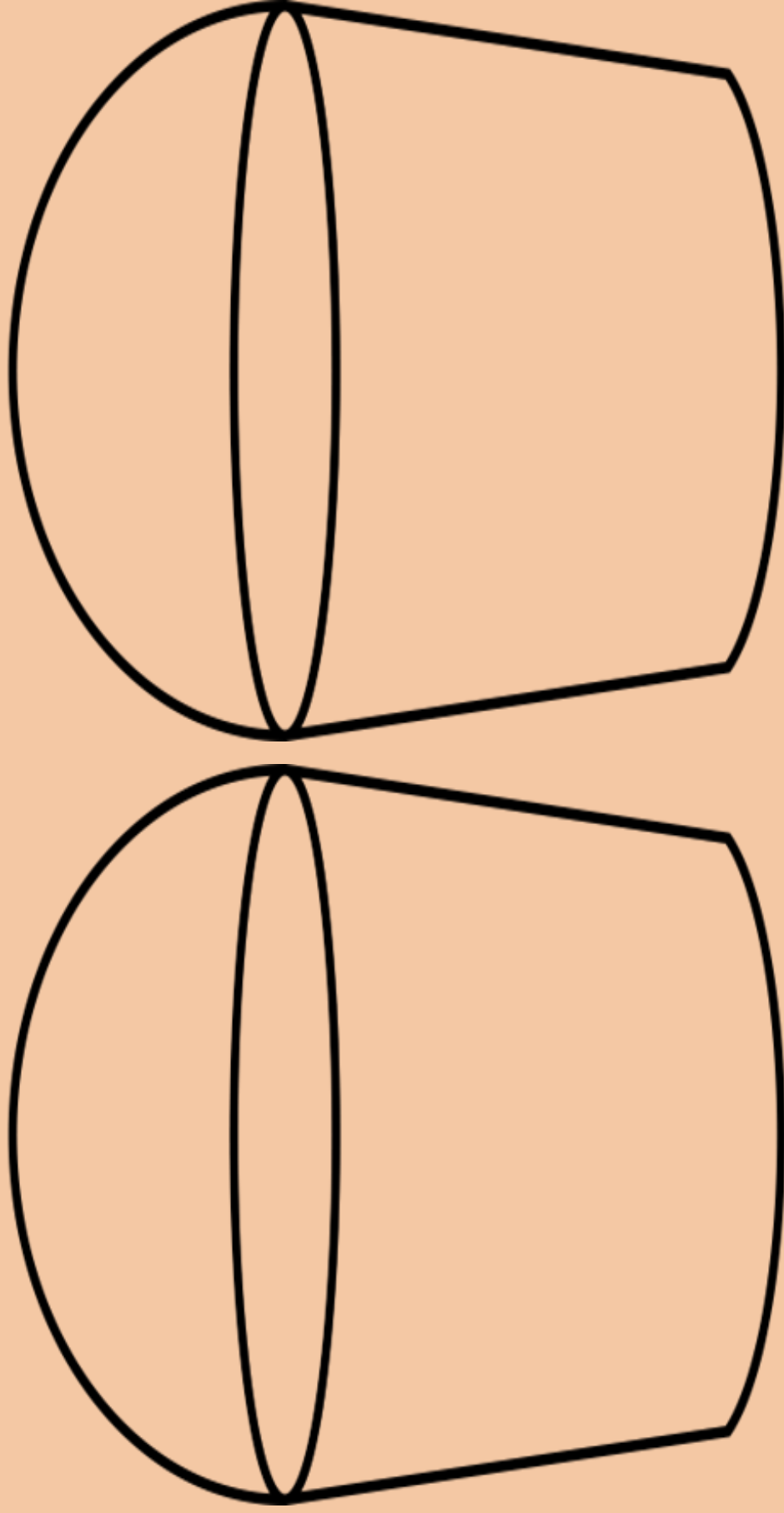


# DAILY BUCKETS

For this worksheet, write one success and one obstacle for each dimension of wellness.

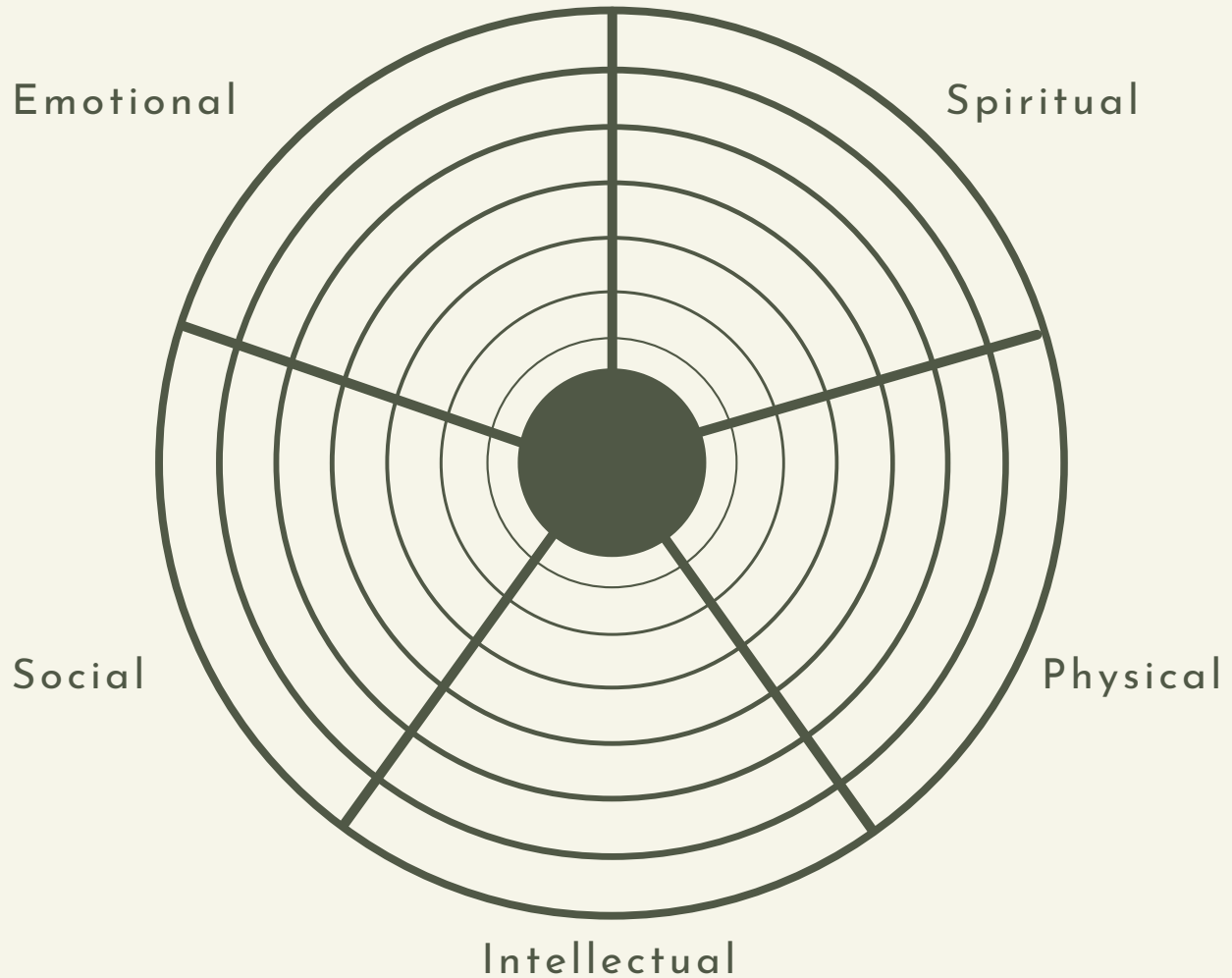
Successes

Obstacles



# WELLNESS BULLSEYE

On the bullseye below mark how well you are doing in each of the five wellness areas.



What are your reactions to your Wellness Bullseye? Are there any surprises? Anything you are not surprised by? Do you wish your chart looked different? Can you think of any activities or life circumstances that impact more than one section of this chart?

A large, empty rectangular box with rounded corners, intended for a user to write their reflections on the Wellness Bullseye chart.



# PRE-ACTION PLAN IDEAS

These are some ideas to consider as you notice how you are doing in the five wellness areas. Note where you are out of balance and think about what wellness dimension you would like to focus on in the Pre-Action/Action Plan.

**Spiritual wellness:** Check-in regularly with your values, build routines or rituals around those values.

**Physical wellness:** Consider what feels right for you, rather than what you “should” do.

**Social wellness:** Give yourself permission to put yourself first. Nurturing yourself is a key factor in being able to be social with others.

**Intellectual wellness:** Stay open minded. Being open to explore new topics. Exploration can spark problem solving, critical thinking, and creativity.

**Emotional wellness:** Practice acceptance of your emotions, from a stance of curiosity and kindness towards yourself.

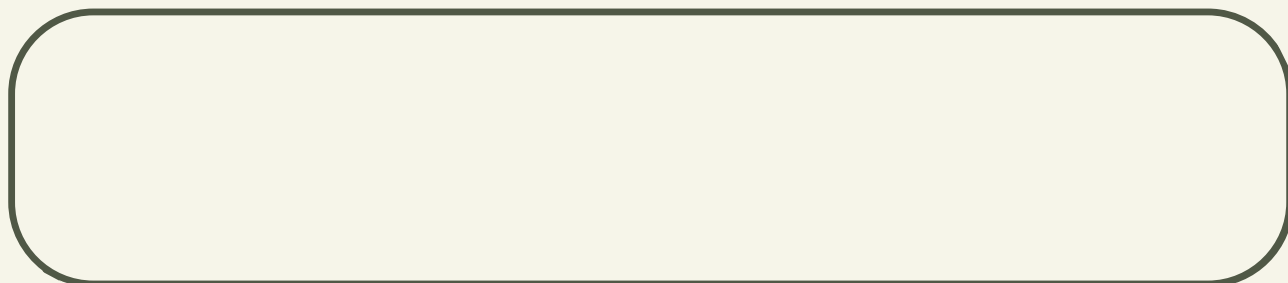


# PRE-ACTION PLAN

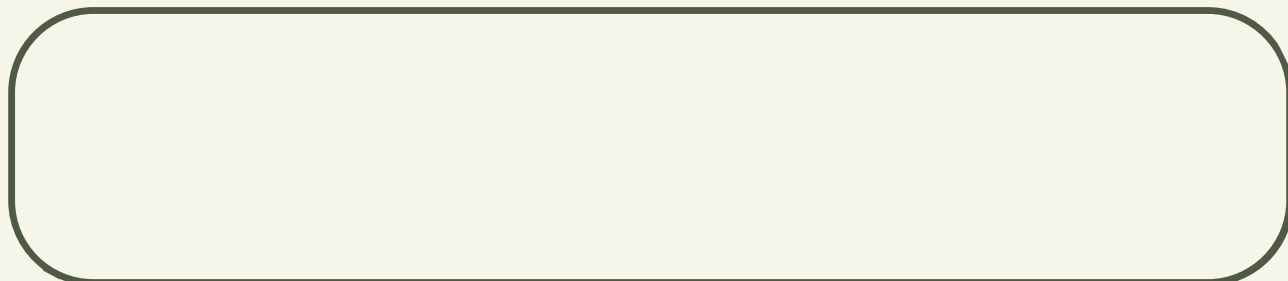
List the dimension of wellness that you will be focusing on here:

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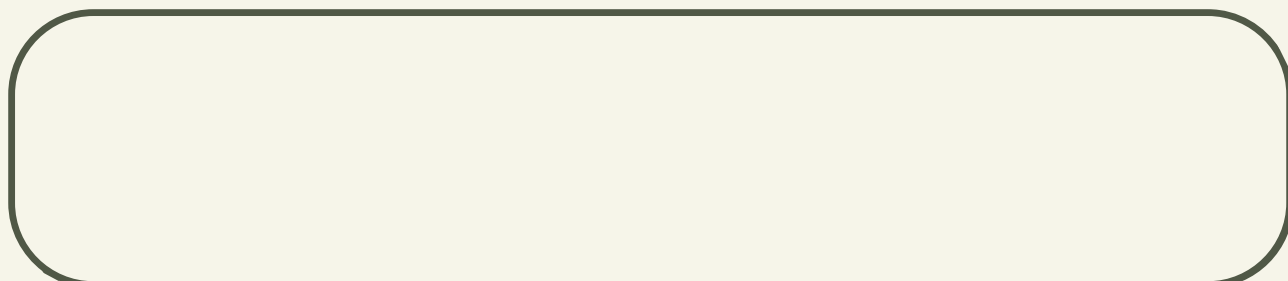
1. Draw an object or write a sentence that helps you visualize a goal that you hope to achieve related to this dimension.



2. Why did you choose this goal? What value is rooted in this goal?



3. Potential challenges and/or barriers you anticipate (internal or external):



4. Resources that will help you reach this goal (e.g., people to support you, tools, strategies, etc.)

