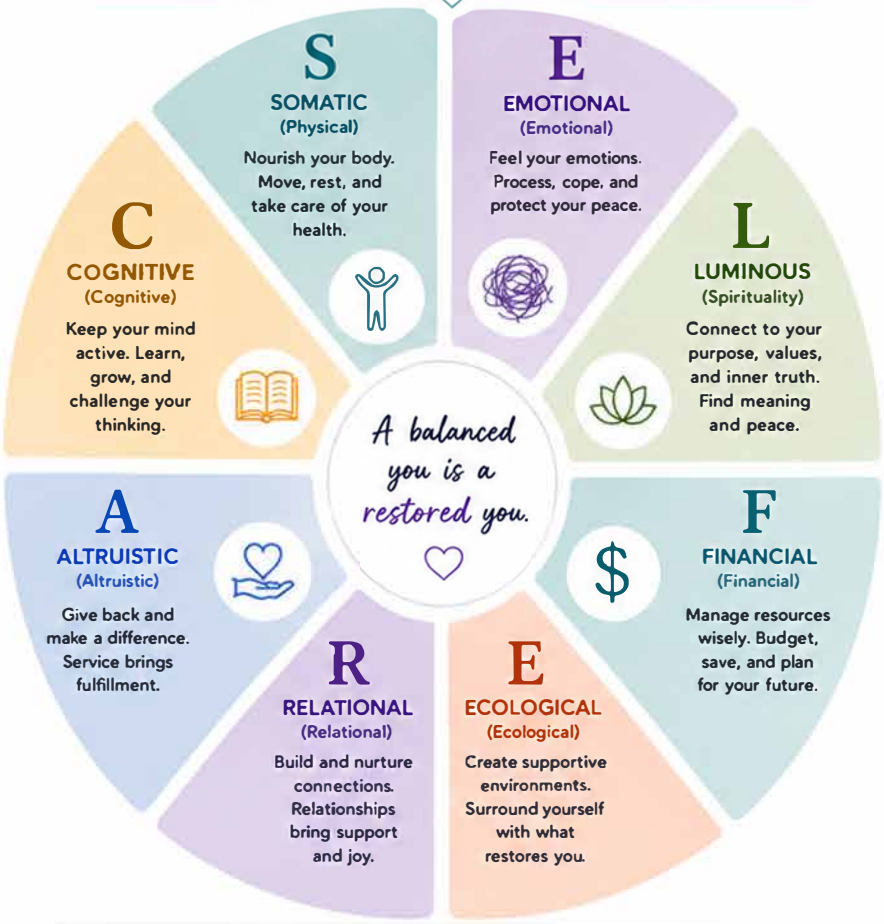
8 DIMENSIONS of Wellness

Well-being is multi-dimensional.

When we nurture each area, we improve our overall quality of life.



REFLECTION INSTRUCTIONS

Tear or fold a piece of paper into 8 sections (one for each dimension).

Take a few minutes to **reflect** and **write** your answers.

S SOMATIC

How am I caring for my body right now?
What does my body need more of?

E EMOTIONAL

How am I feeling these days?
What emotions do I need to process?

L LUMINOUS

What gives my life meaning and purpose?
How do I connect with my values?

F FINANCIAL

How do I feel about my financial situation?
What steps can I take toward financial peace?

C COGNITIVE

How do I challenge and stimulate my mind?
What am I learning or curious about?

A ALTRUISTIC

How do I give back or support others?
How does it make me feel?

R RELATIONAL

Who are my important people?
How can I strengthen my relationships?

E ECOLOGICAL

Is my environment supportive and restorative?
What changes could help me feel better where I am?

Restorative Balance: Nurture each dimension. Small, intentional steps in every area lead to greater peace, resilience, and well-being.

Your well-being matters. Choose one insight from each section you want to focus on and take one small step this week.

Created by **Four Thirteen Counseling Services, LLC**