



PERSONAL REFLECTION AND FOCUS EVALUATION



PHYSICAL

Physical wellness is: Pursuing healthy, safe practices in areas of exercise, sleep, nutrition and sexuality. Engaging in habits and behaviors that support overall health, energy, and the ability to perform daily tasks effectively.

Physical wellness looks like: Regular physical activity that promotes strength, flexibility, and cardiovascular health, eating a balanced and nutrient dense diet, staying hydrated, getting adequate rest, and avoiding harmful substances.

Physical wellness can be cultivated by: Prioritizing movement to enhance endurance and strength. Sleeping at least 7-9 hours a night, eating lean meats, fruits, vegetables, and healthy fats, drinking 8 glasses of water a day, and avoiding tobacco, drugs, and alcohol.

Possible practice implementations include: Gradualizing increasing movement by parking the furthest away at shopping locations, committing to exercise a certain amount of minutes a few days a week, reading food labels and packing healthy lunches, using a specific cup to get your water intake up, discussing healthy lifestyle choices with a doctor or health coach to maximize your efficiency, limiting processed foods, and setting a consistent bedtime.

One new practice I can cultivate is:

EMOTIONAL

Emotional wellness is: A positive self-concept that includes regulating one's emotions and understanding and accepting one's feelings. The ability to honestly and constructively express feelings to others. The ability to cope with life's challenges.

Emotional wellness looks like: Self confidence, optimism, trust, determination, resilience, self-awareness, and the capacity to seek and offer support in times of need.

Emotional wellness can be cultivated by: Challenging negative thoughts, expanding emotional vocabulary, observing emotional triggers, and exploring root causes.

Possible practice implementations include: Journaling, familiarizing yourself with wider-range emotions (ex. sadness- frustration- disappointment) to be as specific as possible, consider past experiences and their connections, seek feedback from trusted sources, read books and/or listen to podcasts on emotional intelligence.

One new practice I can cultivate is:

INTELLECTUAL

Intellectual wellness is: Engaging in activities that stimulate your mind, enhance your knowledge and skills to improve problem-solving, creativity, and critical thinking to maintain mental sharpness.

Intellectual wellness looks like: Pursuing new knowledge, experimenting with new ideas or hobbies, analyzing situations logically and thoughtfully, questioning assumptions, and seeking evidence before forming conclusions.

Intellectual wellness can be cultivated by: Pursuing new knowledge through self study, professional development, or formal education, exploring diverse subjects that challenge one's perspective.

Possible practice implementations include: Signing up for a class, visiting a museum, learning about another culture or an unfamiliar portion of history, watching a documentary, solving a puzzle, playing a strategy game, visiting an escape room, and reading a new book.

One new practice I can cultivate is:

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OCCUPATIONAL

Occupational wellness is: Finding satisfaction and enrichment through work or volunteer endeavors. It involves aligning one's job or daily activities with one's values, interests, and skills to achieve a sense of purpose and fulfillment.

Occupational wellness looks like: Feeling content and fulfilled in your work, balanced professional responsibilities with personal life, and engaging in work that aligns with your values and contributes to your sense of purpose.

Occupational wellness can be cultivated by: Pursuing opportunities for growth, skill advancement, healthy workplace relationships, stress management, adaptability, and embracing new opportunities and challenges.

Possible practice implementation includes: Recognizing what each colleague brings to the table and adjusting your boundaries to support your work and home life. Handling work-related stress effectively by utilizing organizational tools like calendars, to-do lists, and/or weekly planner apps to support your goals. Avoid over committing by kindly practicing your "no muscle" when the request is out of your job duties. Set short and long term goals, even if it means those long term goals are a shift toward or away from your profession.

One new practice I can cultivate is:

SOCIAL

Social wellness is: Building and maintaining healthy, supportive, and meaningful relationships with others. It involves effectively communicating, respecting others, fostering a sense of connection, and contributing to your community to help create a strong support network, which enhances overall well-being and resilience.

Social wellness looks like: Cultivating trust, mutual respect, and effective communication in relationships. Spending quality time with family, friends, and loved ones.

Social wellness can be cultivated by: Effective communication, actively listening, expressing thoughts and feelings respectfully, being open to feedback, navigating conflicts constructively, community involvement, appropriate vulnerability, clear boundaries, and participating in group activities.

Possible practice implementations include: Volunteering for a local service project, participating in community events, joining a club to meet those with shared interests and/or goals, plan a weekly/monthly meet-up with a friend or friends, and host a game/movie night.

One new practice I can cultivate is:

SPIRITUAL

Spiritual wellness is: The process of finding purpose, meaning, and a sense of connection in life that is guided by values and beliefs. It often includes religion, but is not limited to religion. It can include any philosophy that fosters inner peace, personal growth, and a sense of harmony with oneself and God or the universe.

Spiritual wellness looks like: Understanding what gives your life meaning and aligning your actions with your values. It also looks like setting goals and priorities that resonate with your core beliefs.

Spiritual wellness can be cultivated by: Practicing activities like meditation, prayer, or reflection to ground yourself, connection, feeling a sense of belonging with nature, the universe or God, and building relationships that reflect shared values or foster mutual understanding around values and ethics.

Possible practice implementations include: Defining and writing down your principles and what composes your moral compass. Practice gratitude, taking a walk to appreciate the interconnectedness of the world around you, reading books that strengthen your spiritual belief, dedicating a certain amount of time to meditate, and gathering with a community that shares your beliefs and values.

One new practice I can cultivate is:

FINANCIAL

Financial wellness is: The state of having a healthy relationship with money and effectively managing your financial resources to achieve your short-term and long-term goals. It encompasses financial security, planning, and confidence in your ability to handle financial responsibilities, now and in the future.

Financial wellness looks like: Being mindful of where your money is going, making an effort to create a realistic budget to track income and expenses, setting financial goals around the future and major purchases, and building savings and an emergency fund.

Financial wellness can be cultivated by: Mindfulness about where your money is going, restraint when it comes to purchasing a “want” instead of a “need”, managing debt responsibly, and making informed decisions to align spending with your values and priorities.

Possible practice implementations include: Creating a budget, setting aside money for a major purchase or unexpected expense, setting a goal to reduce high-interest debt by limiting credit card spending or transferring to a lower interest card, taking a financial education course to grow in financial concepts like interest rates, investments, and taxes, and rate checking for insurance.

One new practice I can cultivate is:

ENVIRONMENTAL

Environmental wellness is: An understanding of the connection with one’s physical surroundings. It includes being aware of the impact your decisions have on the environment around you, and how your environment impacts you as well. This includes your sense of safety, comfort, and connection.

Environmental wellness looks like: Creating and maintaining safe, sustainable, and harmonious surroundings that promote well-being for yourself, others, and nature.

Environmental wellness can be cultivated by: Maintaining personal and communal spaces so they are clean, safe, and organized, respecting your ecosystems, connecting with the spaces you are in, being mindful of consumption, and nature.

Possible practice implementation include: Going on a walk to boost physical and mental health, support policies that support safe public spaces, switch to non-toxic products to protect your health and the health of those around you, and declutter and organize one space in your home or office to promote peace and functionality.

One new practice I can cultivate is: