

7 DIMENSIONS OF WELLNESS

Having good self-esteem
& boundaries
Having healthy outlets
for stress & expression

Protecting & preserving
the world we live in
Feeling safe
& secure



Expanding knowledge,
world views & skills
Thinking critically &
being creative

Having relationships
consistent with personal
values & beliefs
Having a solid
support
system



Wellness



Using money responsibly
& building up savings
Satisfied with where your
current and future finances
are



Getting 7-10 hours of
sleep every night
Eating nutritious meals &
moving your body every day

Finding purpose &
direction in your life
Being committed to
personal growth