

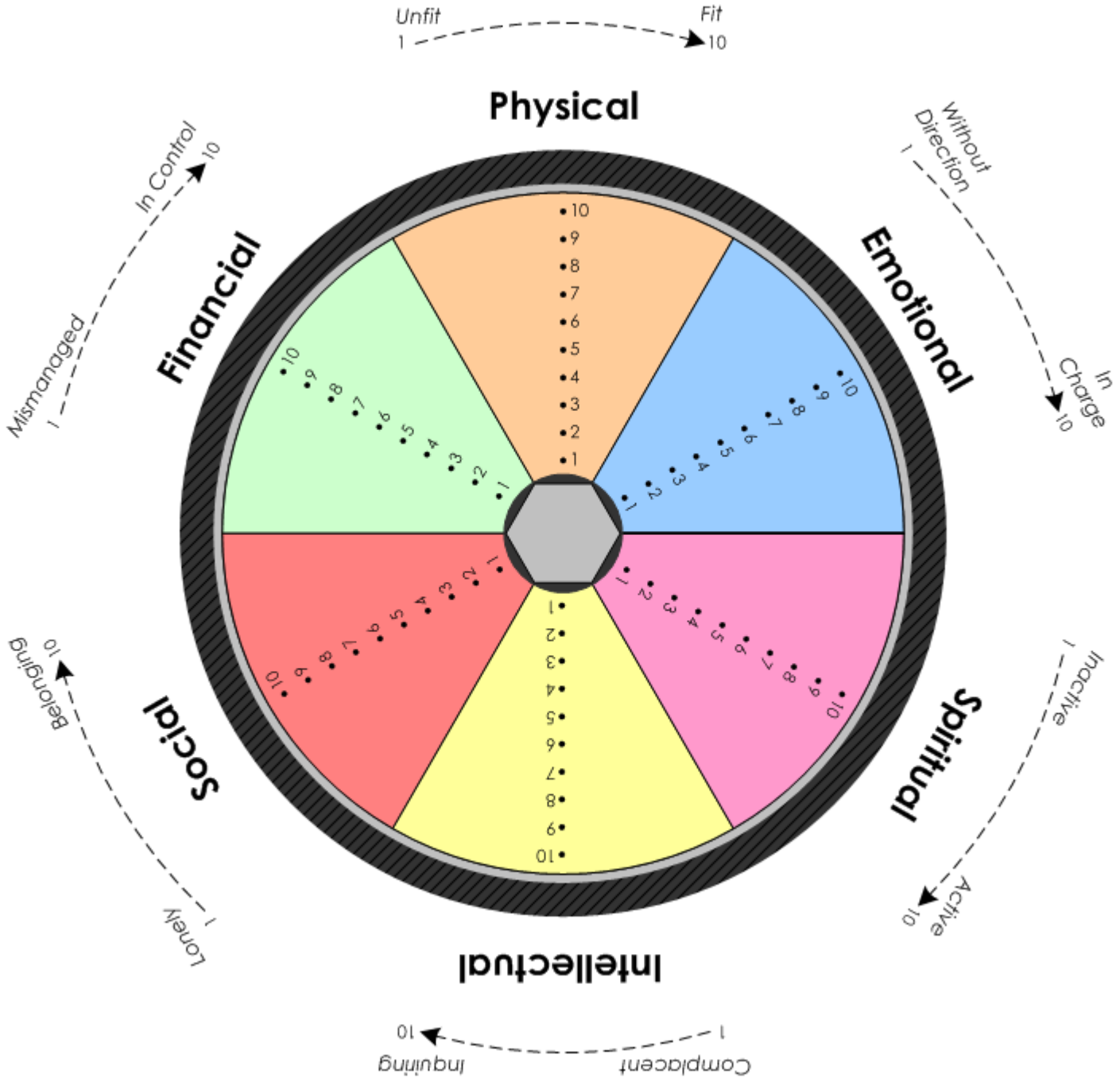
# Personal Wellness Check-Up

Answer the following about yourself.

		YES	NO
<b>Physical</b>	✓ Participate in regular physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Eat nutritionally balanced meals?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Get regular physical check-ups, eye and dental exams?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Perform monthly breast or testicular self-examinations?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Always wear your seat belt?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Eliminate tobacco and limit or eliminate alcohol use?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Get adequate sleep each night?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emotional</b>	✓ Manage stressful situations well?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain a positive attitude?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Laugh often?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Express your emotions appropriately?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain emotional stability?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Positive self-expression?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spiritual</b>	✓ Actively follow your personal faith?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Strive for personal growth?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Improve connection between mind and body?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Actively pursue charitable giving and volunteerism?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Nurture your soul?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Values and actions reflect your beliefs?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Intellectual</b>	✓ Continuously acquire knowledge?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Remain active in career development?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Engage in creative thinking and mental stimulation?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Work to improve verbal skills?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Social</b>	✓ Build healthy relationships with community, family, friends?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Maintain awareness of the environment?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Contribute to the community?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Financial</b>	✓ Understand your current financial status?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Set financial goals?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Work on eliminating personal debt?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Prepare for emergencies?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ Adhere to a budget?	<input type="checkbox"/>	<input type="checkbox"/>
	✓ <i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>

# My Wellness Wheel

Using your "Personal Wellness Check-Up," now rank how you fare in each dimension from 1 to 10.



# Realigning Your Wheel Challenge

Aim to create one [S.M.A.R.T. Goal](#) in each dimension to "realign" your wellness wheel over the next 30 days. See the suggested actions to find better balance below.

<b>Physical</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Exercise regularly</li> <li><input type="checkbox"/> Get plenty of sleep</li> <li><input type="checkbox"/> Drink more water everyday</li> <li><input type="checkbox"/> Eat breakfast</li> <li><input type="checkbox"/> Make healthier food choices</li> <li><input type="checkbox"/> Limit or eliminate tobacco, caffeine and alcohol use</li> <li><input type="checkbox"/> Schedule your annual medical, dental and/or eye exam</li> <li><input type="checkbox"/> Do monthly self-exams (breast or testicular self-exam)</li> <li><input type="checkbox"/> Use your seat belt</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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<b>Emotional</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Laugh each day</li> <li><input type="checkbox"/> Vent your feelings</li> <li><input type="checkbox"/> Practice optimism</li> <li><input type="checkbox"/> Set stronger boundaries</li> <li><input type="checkbox"/> Connect with a loved one</li> <li><input type="checkbox"/> Learn stress management techniques</li> <li><input type="checkbox"/> Read a self-help book that interests you</li> <li><input type="checkbox"/> Participate in a self-improvement workshop</li> <li><input type="checkbox"/> Try out new time management skills</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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<b>Spiritual</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Reflect on what nurtures your spirit</li> <li><input type="checkbox"/> Take time each day for prayer and/or personal reflection</li> <li><input type="checkbox"/> Make a list of virtues and values you believe in and aim to live them</li> <li><input type="checkbox"/> Expose yourself to other viewpoints and beliefs</li> <li><input type="checkbox"/> Strive for peace in your daily life</li> <li><input type="checkbox"/> Find meaning in the little things you do each day</li> <li><input type="checkbox"/> Go outside and observe the vastness of the universe</li> <li><input type="checkbox"/> Try meditation</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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<b>Intellectual</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Read an article, book or magazine that you find intriguing</li> <li><input type="checkbox"/> Enroll in a class or training that will further your knowledge</li> <li><input type="checkbox"/> Learn something new about a topic that interests you</li> <li><input type="checkbox"/> Get a taste of a different culture</li> <li><input type="checkbox"/> Talk to someone with a different viewpoint or perspective</li> <li><input type="checkbox"/> Visit a museum, see a play or attend a concert</li> <li><input type="checkbox"/> Educate yourself about something pertaining to own personal health</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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<b>Social</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Reach out to someone just to say "Hello" "Thanks" or "Thinking of you"</li> <li><input type="checkbox"/> Renew a relationship with someone you haven't talked to in a while</li> <li><input type="checkbox"/> Have a family discussion on a topic of your choice</li> <li><input type="checkbox"/> Challenge yourself to be a better listener</li> <li><input type="checkbox"/> Start recycling</li> <li><input type="checkbox"/> Perform a random act of kindness</li> <li><input type="checkbox"/> Plan a friend or family outing</li> <li><input type="checkbox"/> Volunteer for someone or something that's meaningful to you</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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<b>Financial</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Save for or add to your emergency fund</li> <li><input type="checkbox"/> Balance your checkbook</li> <li><input type="checkbox"/> Calculate your total debts</li> <li><input type="checkbox"/> Create some money management goals</li> <li><input type="checkbox"/> Develop and follow a personal budget</li> <li><input type="checkbox"/> Organize all your financial information so it's easily accessible</li> <li><input type="checkbox"/> Establish a will, power of attorney and/or living will</li> <li><input type="checkbox"/> Attend a financial help class or workshop</li> <li><input type="checkbox"/> Meet with a financial advisor</li> </ul>	<p><b>Specific:</b></p> <p><b>Measurable:</b></p> <p><b>Attainable:</b></p> <p><b>Realistic:</b></p> <p><b>Time-based:</b></p> <p><b>MY GOAL:</b> _____</p> <p>_____</p>
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