

The Whole Picture

Everywhere you go, you bring your whole self. Success and fulfillment come from developing each area, but we often don't take enough time to take the big-picture look at where we are thriving or struggling. Along the number line, evaluate each of these categories for your success or fulfillment. Place the corresponding letter for past (p), present (P), and where you want to be in the future (F). Write comments explaining the numbers you've chosen for p, P, or F.

Spiritual Wellness (living your values, principles, life purpose, deriving meaning)

1 2 3 4 5 6 7 8 9 10

Social Wellness (friends, family, intimate relationships, support system)

1 2 3 4 5 6 7 8 9 10

Mind & Heart: Intellectual & Emotional Wellness (learning, personal growth, emotional & mental development)

1 2 3 4 5 6 7 8 9 10

Body: Physical Wellness (health, nutrition, sleep, exercise)

1 2 3 4 5 6 7 8 9 10

Career Wellness (business, job, career, education, financial)

1 2 3 4 5 6 7 8 9 10
