

NWI's Wellness Focus Survey Tool



Occupational Dimension: the personal satisfaction and enrichment in one's life through work

	Almost Always	Often	Sometimes	Rarely	Almost Never
My work reflects my personal values.					
The work I do accomplishes something important.					
I have opportunities to make meaningful contributions at work.					
My work offers me challenges I can handle.					
I enjoy the work I do.					
I feel I have good work-life balance.					

Intellectual Dimension: the creative, stimulating activities that lead to learning, personal growth, and sharing of one's unique gifts with others

	Almost Always	Often	Sometimes	Rarely	Almost Never
I engage in stimulating or creative activities.					
I engage in continual learning opportunities (e.g., college courses, certifications, reading).					
I treat my own errors as opportunities to learn and grow.					
I stay informed about local, national, or world events.					
I fully immerse myself in tasks with energized focus and enjoyment.					
I engage in downtime or relaxation that lacks specific goals or focus to recharge my brain.					

Emotional Dimension: the awareness and acceptance of one's feelings and capacity to manage behaviors related to one's emotional state

	Almost Always	Often	Sometimes	Rarely	Almost Never
I love and accept myself as I am.					
When I experience positive or negative emotions, I can appropriately express how I feel.					
To cope with challenges in life, I focus on the most positive aspects of the event or situation (e.g., what I can learn from the event or situation, or what positive consequences may result).					
I seek help from others when I am experiencing difficulties.					
I can adequately manage my emotional response when in an upsetting or challenging situation.					
I engage in stress management activities.					

Social Dimension: the contribution to one’s environment and community

	Almost Always	Often	Sometimes	Rarely	Almost Never
I do things that contribute to a larger cause.					
I use my strengths to help others.					
I have loving, supportive relationships (friends, family) in my life.					
I have a strong sense of belonging with the community in which I live.					
I protect and conserve natural resources to insure a healthy environment for all organisms.					
I help resolve environmental issues in my community.					

Spiritual Dimension: the search for meaning and purpose in human existence

	Almost Always	Often	Sometimes	Rarely	Almost Never
I feel that my life has a sense of direction or meaning to it.					
I have a sense of peace about my life.					
I accept events and others as they are and do not make judgments.					
I feel a sense of connectedness with creation and all other living beings.					
Prayer and/or meditation are a regular part of my daily routine.					
I live each day in a way that is consistent with my values.					

Physical Dimension: physical self-care and health-enhancing behaviors

	Almost Always	Often	Sometimes	Rarely	Almost Never
I engage in at least 150 minutes of physical activity in a week (e.g., walking, yoga, cycling, swimming, golf, running).					
I consume at least 5 servings of fruits and vegetables in a day (1 serving = 1 medium piece of fruit; ½ cup fresh, frozen, or canned fruits/vegetables; ¾ cup fruit/vegetable juice; 1 cup salad greens; or ¼ cup dried fruit).					
I wake up feeling fresh and rested.					
I use e-cigarettes or other tobacco products, such as chewing tobacco or smoking cigarettes, pipes, little cigars or cigarillos, water pipes, or hookahs.					
I consume 4 or more drinks of alcohol in a 2-hour period.					
Poor physical or mental health keeps me from doing my usual activities, such as for self-care, work, or recreation.					

Based on your overall satisfaction with each dimension of wellness in your life, rate how much of a priority each dimension is to you during this coaching session.

	High Priority	Medium Priority	Low Priority
Occupational Dimension			
Intellectual Dimension			
Emotional Dimension			
Social Dimension			
Spiritual Dimension			
Physical Dimension			

For the dimensions that you indicated were a high or medium priority, please list any specific areas that you would like to discuss.