WELLNESS AFTER 40 SUMMIT

MY WELLNESS LIFE BASELINE REPORT

Where are you at right now with regard your wellness?

7 WELLNESS DIMENSIONS

Rate Yourself 1-10 in each of the 7 dimensions to wellness:
(1 – you are very dissatisfied; 10 – you are fully satisfied)

- Body & Fitness ☐
- Food & Nutrition ☐
- Mind & Brain ☐
- Environment ☐
- Social Connection ☐
- Relax & Destress ☐
- Meaning ☐

3 areas you are most committed to focusing on and improving:

What has been your biggest stumbling block with regard your wellness?

Why is your wellness important to you now?

What are your goals for this Summit?

YOUR TO DO

☐ Take a photo or screen shot and share both in the Facebook Group

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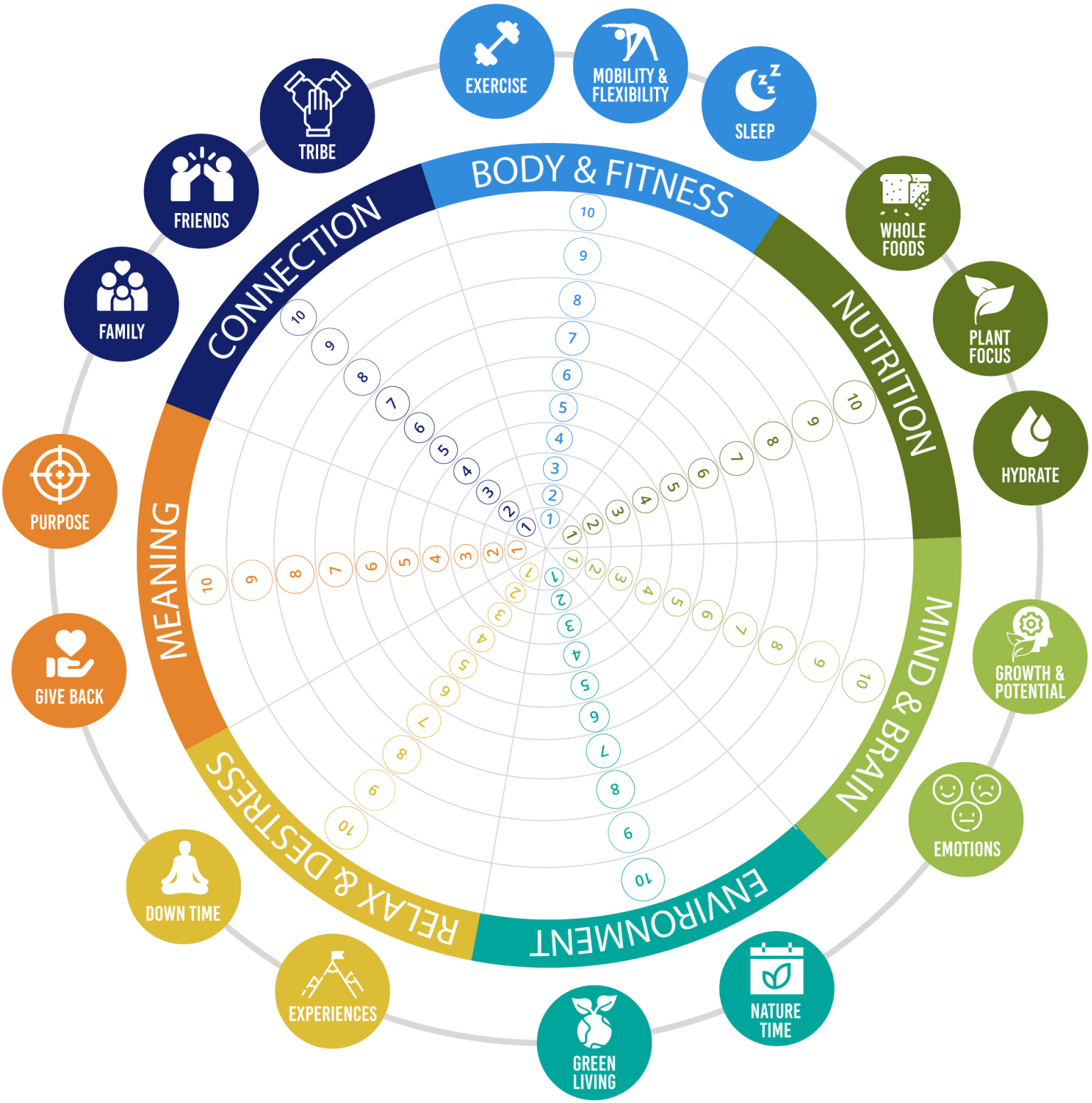
MY WELLNESS 7

Add your score from the previous page for each dimension to the diagram below to have a visual representation of where you are in your wellness life.



YOUR TO DO

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WELLNESS 7 DESCRIPTION

The 7 dimensions to wellness part of the Wellness 7 are as follows:

BODY AND FITNESS

Nourishing a healthy body through exercise both cardiovascular and strength, flexibility and mobility, incidental movement and sleep.

FOOD AND NUTRITION

Focusing on eating a variety of nutritious whole foods with a plant focus whilst avoiding processed foods and sugar and looking to optimize our levels of hydration.

MIND AND BRAIN

Actively engaging the world through curiosity, learning, problem-solving, and creativity so that we are able to live our potential whilst looking to develop positive attitudes and beliefs about our self and life. Further, becoming aware of, accepting and expressing our personal feelings and emotions whilst building on our understanding of the feelings of others.

ENVIRONMENT

Living in a way that realizes our interconnectedness with our planet and sees us making choices and taking action that is good for both our health and wellbeing and the wellbeing of the planet. So, seeking to minimize our ecological footprint, whilst consuming products that are not harmful to ourselves or the planet whilst making time to frequently reconnect with nature.

SOCIAL CONNECTION

Cultivating, nurturing and growing our relationships with family and friends whilst connecting and engaging positively with others in our community with the view to finding and connecting with your tribe.

RELAX AND DESTRESS

Making time for down time so that we can recover and recharge from the inevitable stresses part of life and actively looking to satisfy our needs for novelty and variety by making time for new experiences.

MEANING

Giving meaning to our lives by living authentically and true to ourselves. Discovering and pursuing our life purpose whilst looking to contribute and give back to others, the community, society and the planet.

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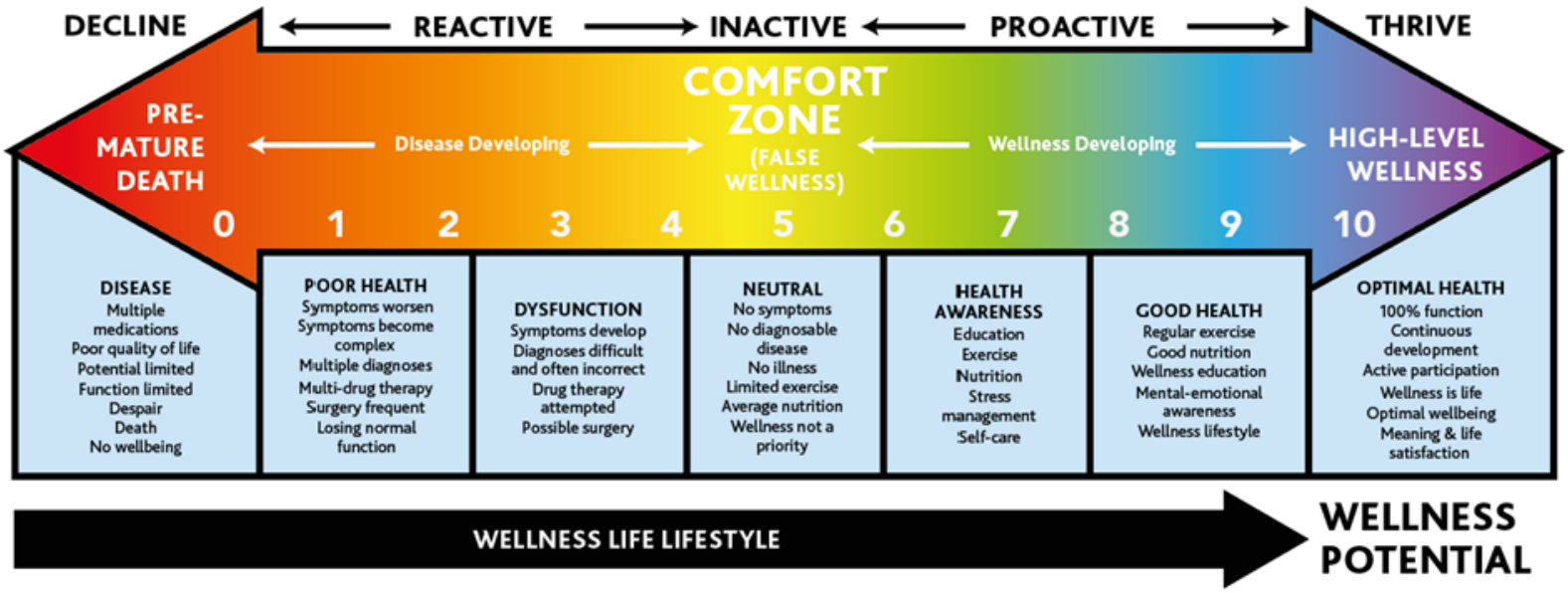
WELLNESS LIFE CONTINUUM

Circle where you are on the Wellness Life Continuum



Explain where you think you are on the Wellness Life Continuum

Why do you think you are here?

YOUR TO DO

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