

# '21 SIX DIMENSIONS OF WELLNESS

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## PHYSICAL

**Where I Am**

**Where I Want To Be**

## SPIRITUAL

**Where I Am**

**Where I Want To Be**

## INTELLECTUAL

**Where I Am**

**Where I Want To Be**

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## EMOTIONAL

**Where I Am**

**Where I Want To Be**

## SOCIAL

**Where I Am**

**Where I Want To Be**

## OCCUPATIONAL

**Where I Am**

**Where I Want To Be**