

S

SPIRITUAL

P

PHYSICAL

I

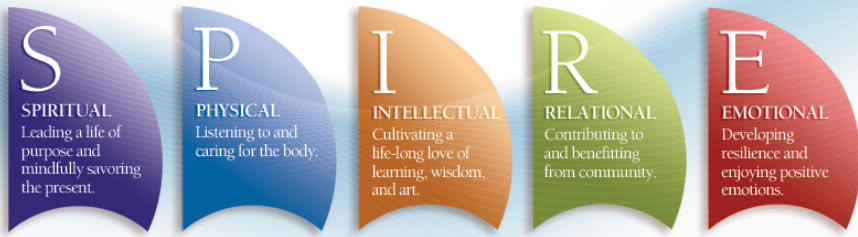
INTELLECTUAL

R

RELATIONAL

E

EMOTIONAL



# Check-in

Optimal well-being comes not from fragmentation, but by integration—the whole, not the parts. Use this tool as a check-in for your day, your life, or for your main undertakings to assess how the parts contribute to the whole. Make adjustments by adding constructive efforts that support you in a given dimension, or dropping efforts that no longer serve you.

- 1. Reflection.** Use a post-it-note tab to assess where you are in each dimension. Take your time; really check-in with your inner experience rather than rushing. Use the qualities below to guide you. When you have completed all the dimensions, take a moment and reflect upon your overall well-being. Place a tab on the right grid to indicate wholeness or well-being. How do the individual parts add up to the whole? Does one dimension weigh heavier than another?
- 2. Action.** Next, write on each tab what actions are supporting the high measurements. What's working? For those dimensions you rated lower, what actions could you take to raise them, even if only slightly?

How does addressing wholeness, i.e. growth in these five arenas, increase or potentiate your vitality and well-being?

**Spiritual well-being:** A sense of purpose and meaning, values that drive actions, mindful attention.

**Physical well-being:** Positive regard for the body. Being aware of the innate ability of the body and mind to affect each other.

**Intellectual well-being:** Stretch, grow, and challenge the mind by cultivating creativity and fostering the love of learning.

**Relational well-being:** Contribute to and benefit from the people around you. Foster a healthy relationship with yourself.

**Emotional well-being:** Increase pleasurable emotions and cultivate resilience to deal with painful emotions.

