

Wellness Compass

Physical

Eating well, getting enough sleep and exercise

Mental

Having positive thoughts, making good choices, being a life long learner

Emotional

Managing stress, understanding why you feel one way or another

Spiritual

Finding meaning and purpose in life

Social

Connecting with others, having a sense of community, having meaningful relationships

Occupational

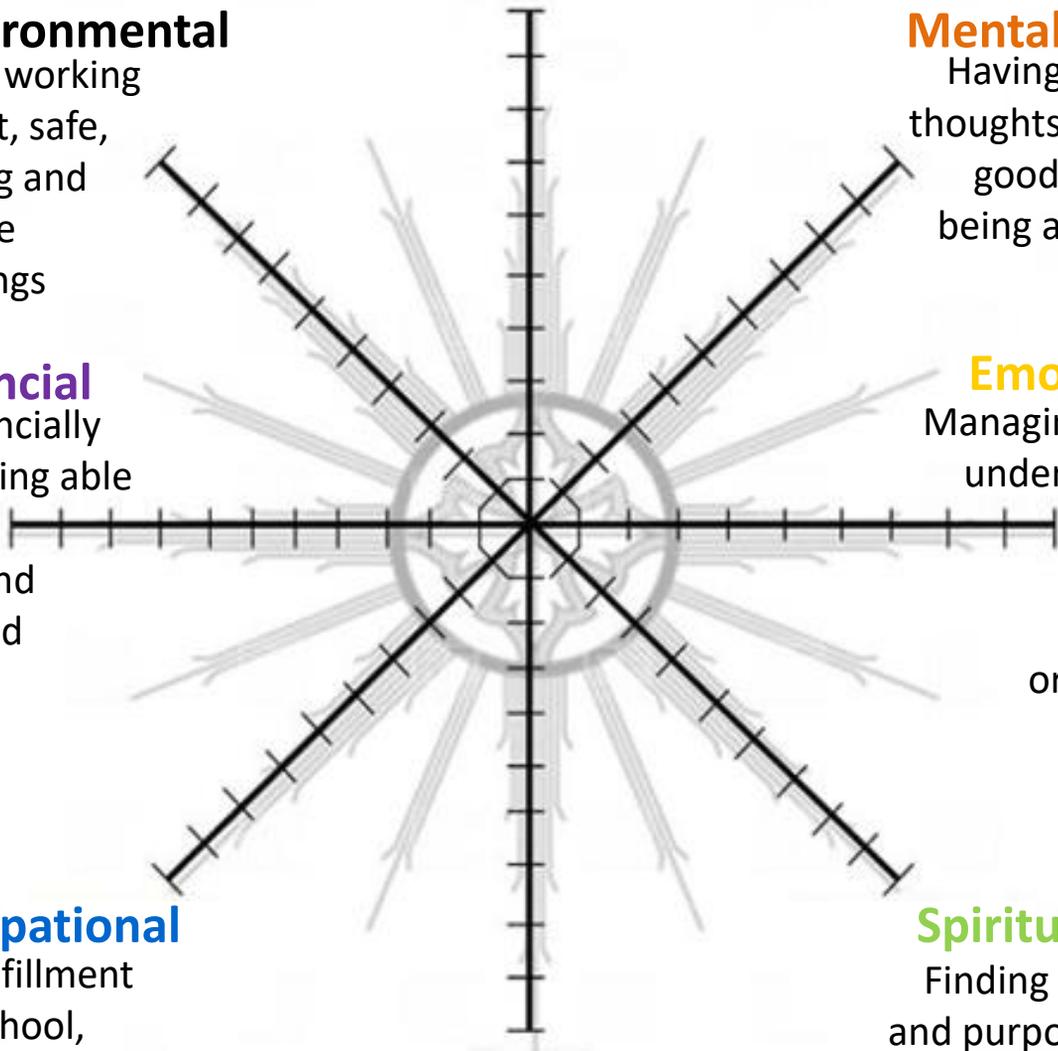
Finding fulfillment in work/school, learning skills, gaining useful experience

Financial

Being financially secure, being able to handle planned and unexpected expenses

Environmental

Living and working in pleasant, safe, stimulating and sustainable surroundings



Wellness Compass Calibration

Wellness Dimension	Color	Definition
Physical	Red	Healthy body: physical fitness, good nutrition, well rested
Mental	Orange	Healthy thoughts: good coping skills, decision making skills, ability to assess situations accurately, ability to identify options and make choices
Emotional	Yellow	Healthy feelings: ability to identify what you are feeling, sense of responsibility for your own feelings; ability to resist and embrace feelings
Spiritual	Green	Healthy soul: Expanding a sense of purpose and meaning in life; positive energy and spirit
Social	Blue	Healthy relationships: a sense of connection, belonging, and a well-developed support system, creating satisfying relationships
Occupational	Indigo	Healthy work: personal satisfaction and enrichment from one's work
Financial	Violet	Healthy finances: Satisfaction with current and future financial situations
Environmental	Black	Health surroundings: pleasant, stimulating, safe, sustainable places to live and thrive in now and in the future

Wellness Dimension	Color	Definition Refinements – Calibrated for me, using my own words
Physical	Red	
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Spiritual	Green	
Social	Blue	
Occupational	Indigo	
Financial	Violet	
Environmental	Black	