**Program Challenge Worksheet #1**

It is important to track your perception of your wellness status and learn how to manage changes and develop healthy lifestyle behaviors. Place an X where you rank yourself in the following wellness dimensions.

**Physical Wellness**



 Unwell    Neutral Well

**Emotional Wellness**



  Unwell    Neutral Well

**Occupational Wellness**



 Unwell    Neutral Well

**Spiritual Wellness**



  Unwell    Neutral Well

**Social Wellness**



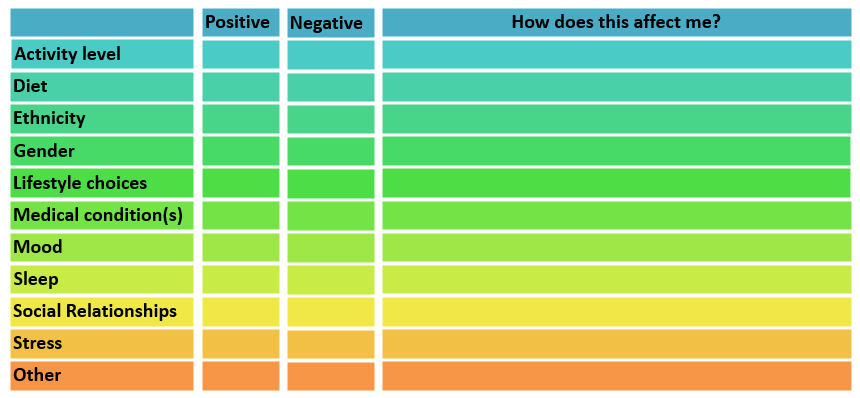
  Unwell    Neutral Well

**Intellectual Wellness**



  Unwell    Neutral Well

Several factors contribute to personal wellness. Think about those that play a role, positive or negative, in your personal wellness.



Choose 1-2 strategies that you can focus during this program series, that can help move you closer to “well” on any of the dimension of wellness.

Strategy #1:

Strategy #2: