



Southeast  
Service  
Cooperative

*Creativity  
for Wellness*

## The 7 Dimensions of Wellness



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# The Seven Dimensions of Wellness

Use this worksheet to think about how you might explore the seven dimensions of wellness through crafting, making, DIY, and other creative pursuits. Consider the level of importance this is for you right now. Is it a high, medium or low priority? Define how you will put this into action. Consider a timeline, resources, and accountability. After you've completed your action steps, rate it.

Wellness Dimension	How might I incorporate this into my creative hobbies?	Priority: Low, Medium, or High
Environmental		
Intellectual		
Social		
Physical		
Spiritual		
Occupational		
Emotional		



*My Action Steps:*

*Rate it:* ☆ ☆ ☆ ☆ ☆