

WELLNESS CHECKLIST - www.fitlifemove.com

PHYSICAL

- I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).
- I get 6-8 hours of sleep each night.
- I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC < .06.
- I avoid using tobacco products or other drugs
- I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)
- I get regular physical exams (i.e., annual, when I have atypical symptoms)



EMOTIONAL

- I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.
- I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation).
- I am resilient and can bounce back after a disappointment or problem.
- I am able to maintain a balance of work, family, friends and other obligations.
- I am flexible and adapt or adjust to change in a positive way.
- I am able to make decisions with minimal stress or worry.
- I do not let my emotions get the better of me.
- I think before I act.

OCCUPATIONAL

- I get personal satisfaction and enrichment from work.
- I believe that I am able to contribute my knowledge, skills, and talents at work.
- I feel a sense of belonging in my workplace.
- I seek out opportunities to improve my knowledge or skills.
- The reasons I originally chose my work or occupation are still relevant today.
- I balance my social life and job responsibilities well.
- I effectively handle my level of stress related to work responsibilities.
- My work load is manageable.
- I explore paid and/or volunteer opportunities that interest me.

FINANCIAL

- I am able to set and stick to a budget each month so I don't run out of money.
- I know my total amount of debt and interest rates.
- I pay my credit cards, and other bills on time.
- I know about the different sources of financial aid that I am eligible for and apply when I am able.
- I have a savings account and save money regularly.
- I can handle unexpected expenses.
- I keep my financial information safe.
- I feel good about my current and future financial situation.
- I check my bank statements/accounts each month.
- I understand how to build credit and use credit cards wisely.

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SOCIAL

- I consciously and continually try to work on behaviours or attitudes that have caused problems in my interactions with others.
- In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.
- I feel supported and respected in my close relationships.
- I communicate effectively with others, share my views and listen to those of others.
- I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.).
- I try to see good in my friends and do whatever I can to support them.
- I participate in social activities and find opportunities to form new relationships.

INTELLECTUAL

- I am curious and interested in the communities, as well as the world, around me.
- I search for learning opportunities and stimulating mental activities.
- I manage my time well, rather than it managing me.
- I enjoy brainstorming and sharing knowledge with others in group projects or tasks.
- I enjoy learning about subjects other than those I am required to study/in my field of work.
- I seek opportunities to learn practical skills to help others.
- I can critically consider the opinions and information presented by others and provide constructive feedback.

SEXUAL

- The culture around me accepts my sexual identity and preferences.
- People close to me accept my sexual identity and preferences.
- I feel good about my sex life.
- I feel safe during sexual activities.
- I feel my sexual partner respect what I want sexually.
- I feel good about my body sexually.
- Whether or not I took part in sexual activities is my choice.
- I have someone I can talk to openly about my sex life.

SPIRITUAL

- I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going.
- I have found a balance between meeting my needs and those of others.
- I engage in acts of caring and goodwill without expecting something in return.
- My values are true priorities in my life and are reflected in my actions.
- I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community).
- I feel like my life has purpose and meaning.