

9 DIMENSIONS OF WELL-BEING WORKSHEET:

[Visit our Virtual Y](#) and watch our video on the 9 dimensions of well-being.

Use this blank to add something important to you that's not captured by the others.

The positive benefits derived from exposure to and engagement with art, culture, or nature

Practicing positive habits that include physical activity and healthy eating

Acting on the desire to be of service to others

The confidence, competence, and satisfaction gleaned from learning, goal attainment, and skill building

Personally accepting and demonstrating positive values

Having the connection to and support of a family, group, or community

The state in which basic physical and emotional needs are being met

The individual bonds created with and among individuals

Having a strong sense of hope, faith, and purpose

