

WELL-BEING CHECK-LIST

	1	2	3	4	5
Career					
Do I love my work?					
Am I using my talents?					
Am I enjoying my work environment and colleagues?					
Family					
Am I happy with the frequency of communication I have with my family?					
Am I happy with the level of openness I have with my family?					
Do I feel a semblance of family life?					
Money and Finances					
Am I managing my money well?					
Am I worried about my finances?					
Fun and Recreation					
Am I taking time to play?					
Do I know what activities regenerate me? Am I engaging in them?					
Am I relaxing?					
Am I creating fun for myself and others?					
Physical Environment					
Am I nourished by my environment?					
Am I surrounded by things that mean something to me?					
Is my environment organized enough?					
Am I happy in my clothes?					
Personal Growth					
Am I firm in my belief system?					
Am I driving my life direction?					
Am I loving my life, and who I am becoming?					
Am I engaging in learning and growth activities?					
Friendship					
Do I have enough friends?					
Do my friendships nourish me?					
Am I available and a good friend to my friends?					
Do I make the most of the time I spend with friends?					
Health and Well-Being					
Am I proactive about my health?					
Do I have structures to maintain my health?					
Am I taking responsibility for my well-being?					
Am I consistently investing in my health?					
Spirituality					
Am I taking the time to be mindful?					
Do I count my blessings instead of complaining?					
Am I practising humility?					
Do I exercise tolerance?					
Significant Other					
Am I happy with the quality of our communication?					
Am I creating romance? Am I intimate?					