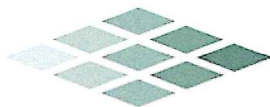
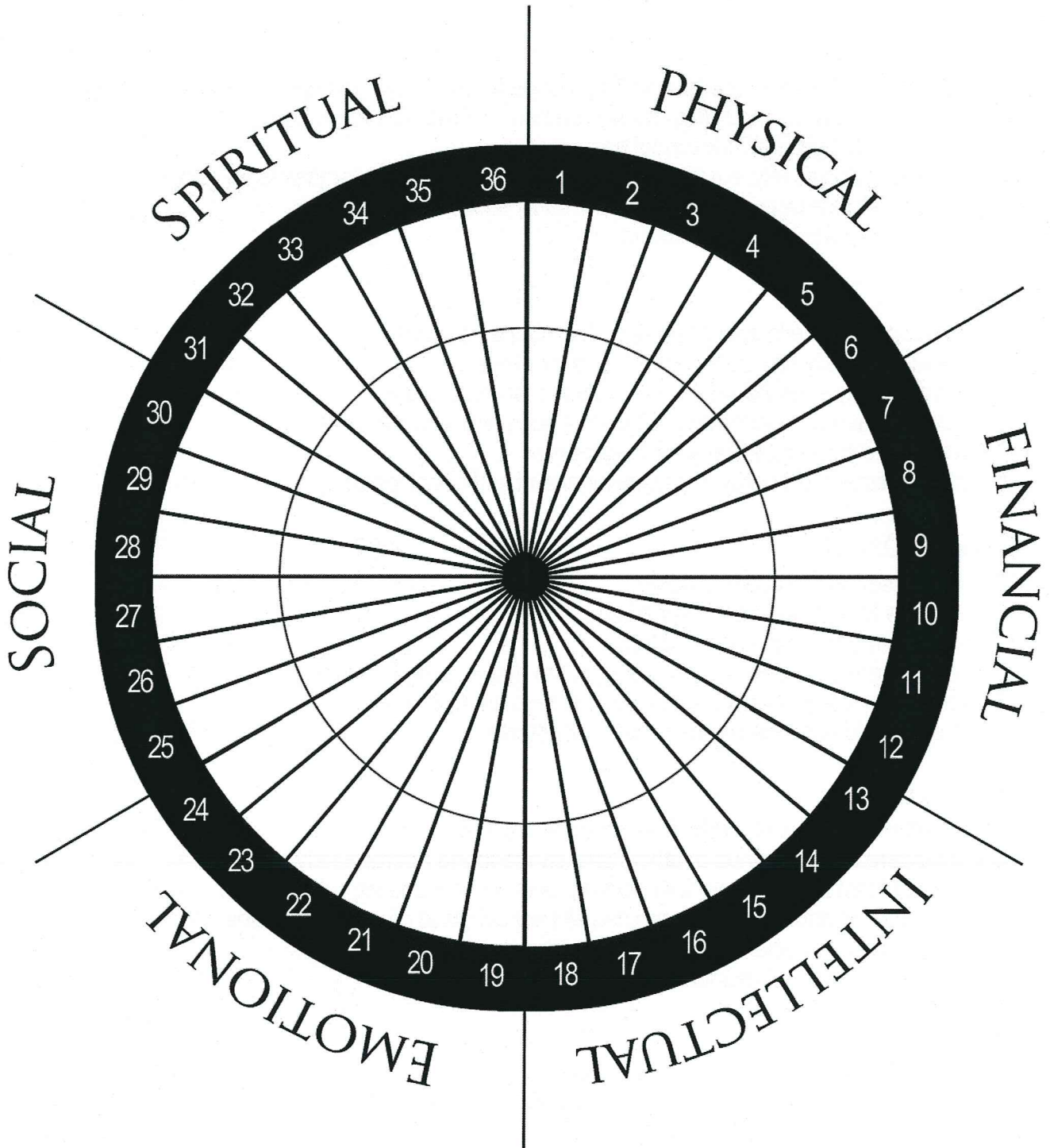


# WELLNESS

*Seeking a Balanced Life*



**Madison-Oneida**  
Board of Cooperative Educational Services

## PHYSICAL

1. I eat a balanced, nutritional diet.
2. I exercise at least three times a week.
3. I do not use alcohol or I do so in moderation.
4. I am a non-smoker.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

## FINANCIAL

7. I have a solid balance between saving money for the future and spending for the present.
8. My beliefs/values surrounding money are harmonious with my behavior.
9. What I am doing with work/school has purpose.
10. I use money positively, e.g. little or no gambling or excessing amassing of goods.
11. I have a balance between work and the other areas of my life.
12. I have financial plans for the future.

## INTELLECTUAL

13. I have specific intellectual goals, e.g., learning a new skill.
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan or vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

## EMOTIONAL

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

## SOCIAL

25. I am able to resolve conflicts in all areas of my life.
26. I am aware of the feelings of others and can respond appropriately.
27. I have at least three people with whom I have a close trusting relationship.
28. I am aware of and able to set and respect my own and others boundaries.
29. I have satisfying social interactions with others.
30. I have a sense of belonging/not being isolated.

## SPIRITUAL

31. I engage in some type of growth practice  
(e.g. yoga, meditation, prayer, or however you define this for yourself).
32. I have a general sense of serenity.
33. I have a sense of meaning and purpose in my life.
34. I have a willingness or ability to trust others.
35. I am able to forgive others and myself and let it go.
36. Principles/ethics/morals provide guides for my life.