

# NWI's Wellness Focus Survey for Coaching



**Occupational Dimension: the personal satisfaction and enrichment in one's life through work**

Almost Always      Often      Sometimes      Rarely      Almost Never

|  |  |  |  |  |  |
|--|--|--|--|--|--|
| My work reflects my personal values.                           |  |  |  |  |  |
| The work I do accomplishes something important.                |  |  |  |  |  |
| I have opportunities to make meaningful contributions at work. |  |  |  |  |  |
| My work offers me challenges I can handle.                     |  |  |  |  |  |
| I enjoy the work I do.   |  |  |  |  |  |
| I feel I have good work-life balance.                          |  |  |  |  |  |

**Intellectual Dimension: the creative, stimulating activities that lead to learning, personal growth, and sharing of one's unique gifts with others**

|  | Almost Always | Often | Sometimes | Rarely | Almost Never |
|--|---------------|-------|-----------|--------|--------------|
| I engage in stimulating or creative activities.  |               |       |           |        |              |
| I engage in continual learning opportunities (e.g., college courses, certifications, reading). |               |       |           |        |              |
| I treat my own errors as opportunities to learn and grow.                                      |               |       |           |        |              |
| I stay informed about local, national, or world events.  |               |       |           |        |              |
| I fully immerse myself in tasks with energized focus and enjoyment.                            |               |       |           |        |              |
| I engage in downtime or relaxation that lacks specific goals or focus to recharge my brain.    |               |       |           |        |              |

**Emotional Dimension: the awareness and acceptance of one's feelings and capacity to manage behaviors related to one's emotional state**

|   | Almost Always | Often | Sometimes | Rarely | Almost Never |
|---|---------------|-------|-----------|--------|--------------|
| I love and accept myself as I am.   |               |       |           |        |              |
| When I experience positive or negative emotions, I can appropriately express how I feel.  |               |       |           |        |              |
| To cope with challenges in life, I focus on the most positive aspects of the event or situation (e.g., what I can learn from the event or situation, or what positive consequences may result). |               |       |           |        |              |
| I seek help from others when I am experiencing difficulties.  |               |       |           |        |              |
| I can adequately manage my emotional response when in an upsetting or challenging situation.  |               |       |           |        |              |
| I engage in stress management activities.   |               |       |           |        |              |

**Social Dimension: the contribution to one's environment and community**

|   | Almost Always | Often | Sometimes | Rarely | Almost Never |
|---|---------------|-------|-----------|--------|--------------|
| I do things that contribute to a larger cause.  |               |       |           |        |              |
| I use my strengths to help others.  |               |       |           |        |              |
| I have loving, supportive relationships (friends, family) in my life.                       |               |       |           |        |              |
| I have a strong sense of belonging with the community in which I live.                      |               |       |           |        |              |
| I protect and conserve natural resources to insure a healthy environment for all organisms. |               |       |           |        |              |
| I help resolve environmental issues in my community.  |               |       |           |        |              |

**Spiritual Dimension: the search for meaning and purpose in human existence**

|  | Almost Always | Often | Sometimes | Rarely | Almost Never |
|--|---------------|-------|-----------|--------|--------------|
| I feel that my life has a sense of direction or meaning to it.             |               |       |           |        |              |
| I have a sense of peace about my life.                                     |               |       |           |        |              |
| I accept events and others as they are and do not make judgements.         |               |       |           |        |              |
| I feel a sense of connectedness with creation and all other living beings. |               |       |           |        |              |
| Prayer and/or meditation are a regular part of my daily routine.           |               |       |           |        |              |
| I live each day in a way that is consistent with my values.                |               |       |           |        |              |

**Physical Dimension: physical self-care and health-enhancing behaviors**

|   | Almost Always | Often | Sometimes | Rarely | Almost Never |
|---|---------------|-------|-----------|--------|--------------|
| I engage in at least 150 minutes of physical activity in a week (e.g., walking, yoga, cycling, swimming, golf, running).  |               |       |           |        |              |
| I consume at least 5 servings of fruits and vegetables in a day (1 serving = 1 medium piece of fruit; ½ cup fresh, frozen, or canned fruits/vegetables; ¾ cup fruit/vegetable juice; 1 cup salad greens; or ¼ cup dried fruit). |               |       |           |        |              |
| I wake up feeling fresh and rested.   |               |       |           |        |              |
| I use e-cigarettes or other tobacco products, such as chewing tobacco or smoking cigarettes, pipes, little cigars or cigarillos, water pipes, or hookas.  |               |       |           |        |              |
| I consume 4 or more drinks of alcohol in a 2-hour period.   |               |       |           |        |              |
| Poor physical or mental health keeps me from doing my usual activities, such as for self-care, work, or recreation.   |               |       |           |        |              |

Based on your overall satisfaction with each dimension of wellness in your life, rate how much of a priority each dimension is to you during this coaching session.

|                        | High Priority | Medium Priority | Low Priority |
|------------------------|---------------|-----------------|--------------|
| Occupational Dimension |               |                 |              |
| Intellectual Dimension |               |                 |              |
| Emotional Dimension    |               |                 |              |
| Social Dimension       |               |                 |              |
| Spiritual Dimension    |               |                 |              |
| Physical Dimension     |               |                 |              |

For the dimensions that you indicated were a high or medium priority, please list any specific areas that you would like to discuss.