

*Maureen Roe B.A. B. Ed.*  
*Psychotherapist*  
*Clinical Member of Ontario Society of Psychotherapists*

**THE WELL-BEING CHECKLIST**

How well do you care for yourself in the four dimensions of self – physical, emotional, mental and spiritual? Carefully review the following checklist of positive traits, and rate your well-being for each on a scale of 1 – 10 ( 1 – lowest; 10 – highest)

**Physical Well-Being**

- \_\_\_\_\_ Satisfying, Restful Sleep Most of the Time
- \_\_\_\_\_ Good Nutritional Habits
- \_\_\_\_\_ Regular Balanced Meals
- \_\_\_\_\_ Conscious Healthcare – Regular Dental/Doctor Apts. Etc.
- \_\_\_\_\_ Regular, Enjoyable Exercise
- \_\_\_\_\_ Healthy Acceptance of Body-Type
- \_\_\_\_\_ Daily Relaxation
- \_\_\_\_\_ Living an Addiction-Free Life
- \_\_\_\_\_ Ongoing Physical Sports/Play
- \_\_\_\_\_ Abundant Energy & Vitality
- \_\_\_\_\_ Confidence in One’s Appearance
- \_\_\_\_\_ Clothes that Feel & Look Complimentary
- \_\_\_\_\_ An Abundance of Affection & Touch
- \_\_\_\_\_ Sexual Fulfillment Ongoing
- \_\_\_\_\_ Frequent Fun Outings, Travel or Adventures

Additional thoughts/info: \_\_\_\_\_  
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**Emotional Well-Being**

- \_\_\_\_\_ Compassion & Empathy for Self & Others
- \_\_\_\_\_ A Strong Sense of Belonging
- \_\_\_\_\_ Good Balance of Social & Solitude Time
- \_\_\_\_\_ Frequent Acknowledgement of Self and Others
- \_\_\_\_\_ Capacity to Know & Express One's Feelings & Needs
- \_\_\_\_\_ Capacity to Honor the Feelings & Needs of Others
- \_\_\_\_\_ Mature Handling of Negative Emotions
- \_\_\_\_\_ Listens Well to Others
- \_\_\_\_\_ A Good Sense of Humor
- \_\_\_\_\_ Capacity to Reach Out for Help When Needed
- \_\_\_\_\_ Positive, Non-Judgmental Communication
- \_\_\_\_\_ Close Friends of Both Sexes
- \_\_\_\_\_ Healthy Acceptance of Self and Others
- \_\_\_\_\_ Motivated by One's Own Life Direction
- \_\_\_\_\_ Has at Least One Influential Mentor
- \_\_\_\_\_ At Peace With Family & Friends Most of the Time
- \_\_\_\_\_ Experiencing Happiness Frequently
- \_\_\_\_\_ Capacity to be Honest in an Assertive & Respectful Way
- \_\_\_\_\_ Able to Face & Transform One's Weaknesses

Additional thoughts/info: \_\_\_\_\_  
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**Mental Well-Being**

- \_\_\_\_\_ Stimulation in Career or Education
- \_\_\_\_\_ Enjoyable Hobbies/Activities
- \_\_\_\_\_ An Ongoing Love for Learning
- \_\_\_\_\_ Good Self- Discipline
- \_\_\_\_\_ Effective Time Management
- \_\_\_\_\_ Positive/Optimistic Attitude
- \_\_\_\_\_ Follows a Self-Created Daily Plan Much of the Time
- \_\_\_\_\_ Creates and Follows Through on Goals & Dreams
- \_\_\_\_\_ Ongoing Development of Talents
- \_\_\_\_\_ Clarity of Purpose in Career and Life
- \_\_\_\_\_ Responsible Handling of Money & Bookkeeping
- \_\_\_\_\_ Has a Growing, Diversified Financial Portfolio

Additional thoughts/info: \_\_\_\_\_  
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**Spiritual Well-Being**

- \_\_\_\_\_ Feels Connected to a Power Greater Than Oneself
- \_\_\_\_\_ Has a Regular Spiritual Practice or Time to Reflect
- \_\_\_\_\_ Aspires to Live One's Highest Values
- \_\_\_\_\_ Has a Sense of Trust in Life
- \_\_\_\_\_ Experiences Frequent Awe & Appreciation
- \_\_\_\_\_ Connection With Nature
- \_\_\_\_\_ Ongoing Spiritual Learning & Study
- \_\_\_\_\_ Gives Back to the Community and Enjoys Being of Service
- \_\_\_\_\_ Frequent Gratitude for Self & Others
- \_\_\_\_\_ Unconditional Love & Regard for Self
- \_\_\_\_\_ Unconditional Love & Regard for Others
- \_\_\_\_\_ A Healthy Respect for Religious/Political Differences
- \_\_\_\_\_ Frequent Inner Peace & Serenity
- \_\_\_\_\_ Leads a Life of Integrity

Additional thoughts/info: \_\_\_\_\_  
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**An Exercise to Increase Your Sense of Well-Being**

*Choose one low-scoring area in each of the four dimensions above that you would like to address. At your first session we will discuss an action plan to address those particular areas.*

*Be sure to celebrate all successes large and small along the way. When you achieve your goal, you will experience a much improved state of well-being and happiness. Congratulations in advance!*

*Review your checklist annually, or more often. Doing so will reinforce your commitment to living a life filled with well-being, joy and satisfaction.*