

NAME:

DATE:

## Personalizing the Six Dimensions of Health

While you have already evaluated how healthy you are in the six dimensions of health, it is also important to understand how you feel about them. Use the following worksheet to personalize the six dimensions of health. For each component, write about an experience in which you demonstrated (or saw someone else demonstrate) a healthy attitude or activity. If you cannot remember or think of one, plan how you will demonstrate it in the future. These examples can be as varied in nature as working in a soup kitchen or planning to recycle on a regular basis.

### Physical Health

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How did this make you feel?

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### Social Health

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How did this make you feel?

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### Emotional Health

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How did this make you feel?

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## **Environmental Health**

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How did this make you feel?

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## **Spiritual Health**

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How did this make you feel?

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## **Intellectual Health**

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How did this make you feel?

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