

WELLNESS MAP

Rate each domain from 1 (Struggling) to 5 (Thriving), then reflect without judgment. After you rate each one if you wish to, you can type in your notes or print out the page if you are old school and prefer handwriting your notes.

As you consider these categories ask yourself:

- Where am I feeling stretched or depleted?
- What's one kind thing I could offer myself this week?
- What's already working that deserves celebration?
- If I felt safe, strong, and at peace , what would shift?
- What area feels most supported and why?

WELLNESS MAP DOMAINS

1. Physical wellbeing:

Vitality expressed through movement, rest, and body care honoring flexibility, mobility, and physical strength as pathways to energy, resilience, and balance.

- What movement feels restorative to me right now — not just productive?

- How does my sleep pattern affect my mood and clarity?

- When do I feel physically grounded and safe?

- How do I respond when my body asks for rest or change?

- What signals is my body sending me that I've been ignoring?



2. Mental clarity:

Nurturing a clear, organized mind, so you can think with purpose, make decisions confidently, and maintain focus in daily life. A peaceful mind that's free from excessive worry and mental clutter.

- What thoughts tend to repeat — and what stories do they carry?

- When do I feel mentally spacious, and what helps me get there?

- How do I center myself when racing thoughts take over?

- What practices sharpen my focus without draining my energy?

- How does mental noise affect my creativity and choices?



3. Spiritual Depth:

Fostering a sense of connection to something greater—whether through faith, reflection, ritual, or an inner sense of purpose and wonder.

- What does “sacred” mean to me — and how do I access it?

- When do I feel most connected to life’s deeper flow?

- Do I allow myself silence for spiritual reflection or prayer?

- How does uncertainty show up in my spiritual journey?

- In what ways do I practice reverence for life — even in hardship?



4. Belonging & Social Connection:

Experiencing genuine acceptance and support in relationships with cultivating spaces where everyone feels valued, cared for, and understood.

- Where do I feel a true sense of belonging right now?

- Who genuinely sees me, even when I'm not "performing"?

- What relationships nourish me—and which ones deplete?

- How do I show up for others in meaningful ways?

- When do I feel lonely even in social spaces?



5. Emotional Regulation:

Building awareness and acceptance of your emotional experiences, so feelings are understood and expressed constructively, fostering resilience and deeper empathy for yourself and others.

- What emotions tend to surface most often for me lately and what are they trying to tell me?

- How do I respond when my emotions feel overwhelming or intense?

- In what moments have I practiced empathy with myself or someone else recently?

- How do I define resilience — not just bouncing back, but growing through?

- What's one feeling I struggle to express, and what might help me share it safely?



6. Nutritional Wisdom:

Cultivating a thoughtful relationship with food—where eating is guided by awareness, intuition, and a sense of ritual, weaving nourishment into your life’s narrative.

- What does my body truly crave when I listen without judgment?

- How do my eating patterns reflect my emotions or habits?

- What meals make me feel energized, centered, or nostalgic?

- Do I eat with awareness or automaticity — and why?

- How can I make food preparation a healing practice?



7. Creative Expression:

Channeling your authentic self through various forms such as art, movement, cooking, writing, and reflection, allowing creativity to be a source of meaning, emotional well-being, and connection, free from the need for perfection.

- Where in my life do I feel most creatively alive — movement, art, words, silence?

- What forms of expression help me process emotions or reconnect with my center?

- If my story were told through a single image, gesture, or metaphor, what would it be?

- What creative rituals (writing, cooking, dancing, even dreaming) bring me clarity?

- How can I use creativity to hold both joy and grief without needing resolution?

- When I create without judgment, what emerges — and what part of me is speaking?

8. Learning & Insight:

Weaving education, curiosity, and diverse perspectives into an ever-evolving sense of self and understanding of the world.

- What have I learned recently that shifted my perspective?

- What topic am I drawn to explore deeper—and why does it speak to me now?

- How do I balance consuming information with integrating wisdom?

- Whose perspective challenged me in a way that was ultimately enriching?

- When have I turned insight into action, even if it was uncomfortable?



9. Environmental Wellbeing:

Connecting deeply with the natural world and your surroundings to craft environments that support your sense of peace and well-being.

- How does being in nature affect my nervous system, breath, or focus?

- What parts of my environment feel supportive—and where is there friction?

- Do I feel emotionally different in cluttered spaces vs. clean, intentional ones?

- How do I bring elements of nature (light, texture, plants) into my daily life?



10. Financial Wellbeing:

A respectful, values-driven relationship with money, resources, and financial decision-making.

- How do I define “enough” — and what does it feel like?

- What beliefs about money did I inherit, and do they still serve me?

- Do I spend in ways that reflect my values and priorities?

- How does financial stress impact my wellness and creativity?



11. Occupational Wellbeing:

Alignment between work, purpose, and passion by pursuing a livelihood that resonates with identity and ethics.

- What parts of my work feel meaningful — and which feel misaligned?

- How do I bring creativity or mindfulness into my professional life?

- When have I compromised purpose for survival, and was it worth it?

- How do I define professional success beyond titles and income?

- What support or boundaries would help me thrive at work?



12. Community Engagement:

Showing up fully with energy and compassion while using your voice and actions to nurture collective connection and growth.

- How do I contribute to something bigger than myself?

- What issues stir me into compassion or action?

- Where do I feel my voice matters in community?

- How do I balance giving with protecting my own energy?

- What small act of service felt deeply meaningful to me?



13. Body Awareness & Acceptance:

Cultivating compassion and presence with your physical self—tuning in to your body’s sensations, honoring its truths, and embracing it with kindness.

- How do I speak to or about my body — and why?

- Where do I feel tension, energy, or emptiness in my body?

- When do I feel most accepting of my appearance or function?

- What body rituals help me reconnect or heal?

- How has my relationship with my body evolved over time?





YOUR

TRANSFORMATIONS

EMPOWERING YOUR JOURNEY TO WELLNESS

THANK YOU

