

Your Wellness Team

Think about the people in your life and how they help to support you.

By building a strong team, we have people to help support us and provide us with advice. The chart below can help you think about the areas you have support and the areas that can grow.

Dimension of Wellness	I go to _____ for advice/support/resources:
Emotional	
Environmental	
Financial	
Intellectual	
Occupational	
Physical	
Social	
Spiritual	