







HEALTHY DAWG DIMENSIONS OF HEALTH

Directions: Maintaining health in all dimensions requires balance. Assess your current level of health in each dimension by using whatever scale makes the most sense to you. Then, create specific, quantifiable goals in the areas you'd like to improve.



Dimension	Definition	Examples	Grade	Goal
EMOTIONAL 	feelings of self-worth	Self-esteem, self-acceptance, self-confidence, self-respect, self-efficacy Optimism, positive attitude Positive body image Stress management		
INTELLECTUAL 	learning	Openness to new ideas A capacity to question and evaluate Motivation to master new skills Creativity and curiosity Keeping up with current events		
PHYSICAL 	the body	Good nutrition; regular exercise Avoiding illness, disease, and injury Avoiding harmful habits Regular medical/dental exams Adequate sleep		
ENVIRONMENTAL 	your living space, our planet and nature	Using public transportation, walking or biking Buying local produce or maintaining a garden Turning off electronics when not in use Switching from bottled water to tap water Choosing not to smoke tobacco products		
SOCIAL 	relationships and community contributions	Mutually-beneficial friendships Community involvement Healthy hobbies and activities Group or team membership Volunteering with a local organization		
SPIRITUAL 	guiding beliefs, principles, and values	Meditation; prayer Religious or spiritual affiliation Guidance by natural environment Definition of a Higher Power Beliefs on the beginning and the end of life		

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