



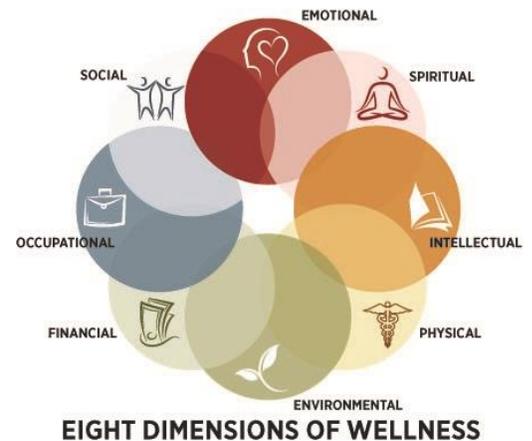
Enhancing Personal Capacity for Wellness

The Value of Self-Reflection in an Organizational Culture

Instructions: Take a few minutes to briefly respond to the following questions. Use this time to reflect on your role in building a culture of wellness within your organization.

This activity may benefit people who discover and learn through written reflection. The following questions could also be discussed in partnership with other members of your team.

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life



Which dimensions of wellness are most important to you? *It may help to refer back to a personal intention or discovery process you have used in the past.*

Now, consider why you identified those dimensions as most important.

How could these dimensions be better supported in your workplace? *List 1 – 3 specific examples per wellness dimension mentioned above.*

Wellness Dimension	Example 1	Example 2	Example 3
<i>Ex: Intellectual Wellness</i>	<i>Encourage Creativity</i>	<i>Allow employees to brainstorm new ideas and projects for the organization</i>	<i>Give employees the opportunity to branch out/work outside of their project focus</i>

What are the ways you can bring the above items to the attention of organizational leadership?

Wellness Dimension	Examples	Suggestions for Leadership
<i>Ex: Intellectual Wellness</i>	<ol style="list-style-type: none"> <i>1. Encourage Creativity</i> <i>2. Brainstorm</i> <i>3. Work outside of project focus</i> 	<ol style="list-style-type: none"> <i>1. Designate one day per quarter for employees to brainstorm and work on other projects</i> <i>2. Create project teams for employees from different areas to collaborate</i>

Remember, you can lead from any chair! You can be a wellness champion.