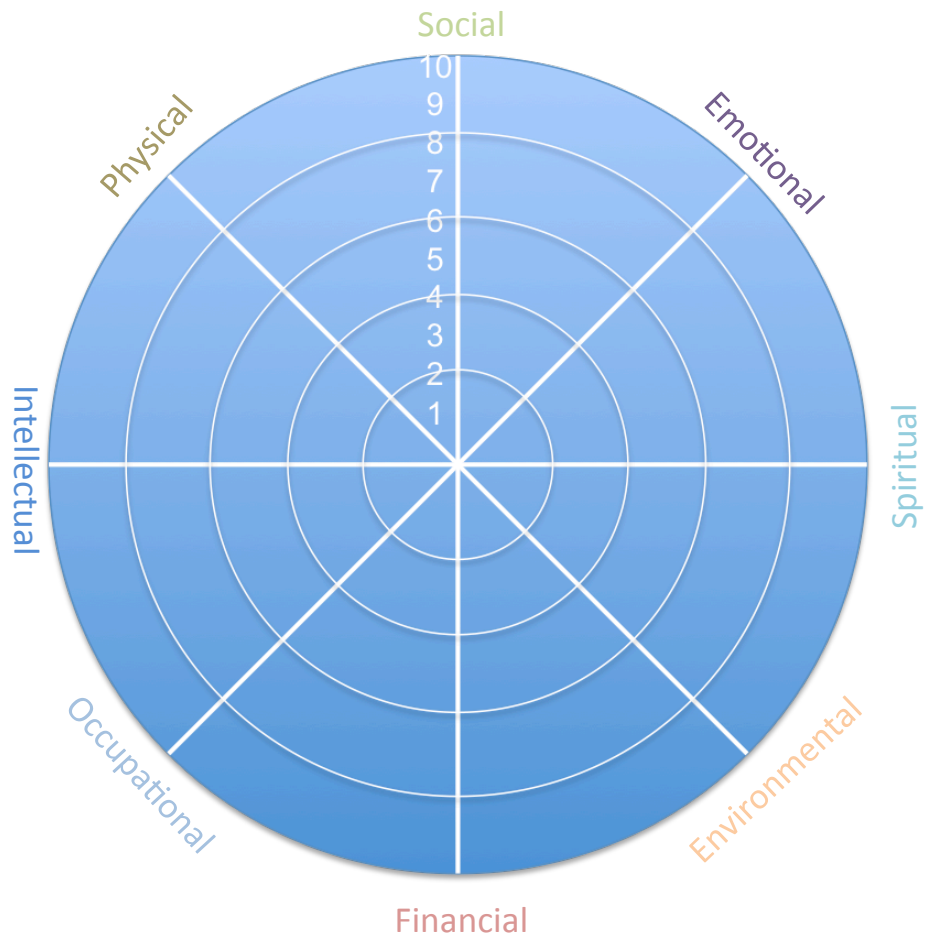


Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?	
Do I get annual medical checkups?	
Do I avoid using tobacco products?	
Do I get sufficient amount of sleep?	
Do I have an established exercise routine?	
Am I open to new ideas?	
Do I seek personal growth by learning new skills?	
Do I search for lifelong learning opportunities and stimulating mental activities?	
Do I look for ways to use creativity?	
Do I enjoy going to work most days?	
Do I have a manageable workload at work?	
Do I feel that I can talk to my boss and co-workers with problems arise?	
Do you have written financial goals?	
Do you live with your means?	
Do you have an emergency fund equal to 3 months expenses?	
Do you track your spending against budget at least weekly?	



- Walking a mile in your shoes-



Do I plan time to be with my family and friends?	
Do I enjoy the time I spend with others?	
Are my relationships with others positive and rewarding?	
Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?	
Am I able to maintain a balance of work, family, friends, and other obligations?	
Do I have ways to reduce stress in my life?	
Am I able to make decisions with a minimum of stress and worry?	
Am I able to set priorities?	
Do I make time for relaxation in my day?	
Do I make time for meditation and/or prayer?	
Do my values guide my decisions and actions?	
Am I accepting of the views of others?	
Do I recycle?	
If I see a safety hazard, do I take the steps to fix the problem?	
Do I volunteer time to worthy causes?	
Am I aware of my surroundings at all times?	

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(Adapted from [http://wellness.ucr.edu/seven\\_dimensions.html](http://wellness.ucr.edu/seven_dimensions.html))