



**Health & Wellness Coaching Certificate: Eight Domains of  
Health & Wellness: Worksheet**

**Emory Continuing Education**

**The Eight Domains of Health and Wellness: Worksheet**

Consider where you are today, in each of the eight domains, where you would like to be, and some first steps towards reaching your greater vision. How will you move closer to your vision of health and wellness? How will you honor your values and sense of purpose?

**SOCIAL**

Friends, family, colleagues and community are central to our well-being. Our social network may shift over time, for example, when we move and as we get older, it can be more difficult to find new friends. It is important to have supportive friends and family and a community where we help others and allow others to help us when we need it.

**Consider:** What are your goals for family, friends and community? More/less time with friends and family? Building new relationships? Are there steps you want to take towards improving or building relationships?

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Notes:

## **SPIRITUAL**

Spirituality can be multidimensional, and the experience and definition of spirituality can differ from person to person. Spirituality often includes a sense of something larger than oneself, of connection and purpose. Spirituality can sit within the boundaries of religion, or not, and a spiritual practice may include forms of meditation and prayer, or other practices in accordance with your beliefs and values. While difficult to measure, there is evidence of a beneficial connection between spirituality and health, and the combination of mind, body and spirit is another way to describe the integrative nature of health and wellbeing.

**Consider:** What is your definition of spirituality? What does spirituality mean to you? When do you feel most spiritual? How might you expand your understanding of, or connection to spirituality?

**Notes:**

## **OCCUPATIONAL**

Meaningful work includes in and outside the home, volunteerism, entrepreneurship and career transitions. Having work that meets your financial, intellectual and creative needs fosters good health and wellness.

**Consider:** What does meaningful work look like for you? Are there steps you would like to take towards having more meaningful work in your life? Are there changes you want to make in work you are doing today?

**Notes:**

## **FINANCIAL**

Being able to live within your means and make informed financial decisions contributes to financial wellness. It is important to note that it is often impacted by many of the other domains of wellness and can change due to time and circumstances.

**Consider:** What changes would you like to make to improve your financial wellness? How are other areas of your life impacting your finances? What changes are needed to live within your means or decrease the stress of finances?

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**Notes:**

## **ENVIRONMENTAL**

Environment includes home, work, neighborhood and nature. This means a safe and comfortable home and neighborhood, a workplace that meets your needs, and a community where you have access to transportation and food. Environment can also include access to nature and the outdoors. These all influence our mental and physical health and wellbeing.

Consider: Is there anything about your environment you would like to change or improve? Consider home and garden, availability of resources (including elements of community), and workplace. What are some first steps towards meeting those goals?

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**Notes:**

## **PHYSICAL**

Caring for our bodies happens in a variety of ways, including food, physical activity, conventional and complementary care.

**Food:** How you eat and what you eat – having a healthy diet is key to weight and disease management and prevention. This includes access to healthful food, and the ability and knowledge to prepare healthy meals, all of which are important to good health.

Consider: How can you best nourish your body? What does a healthy plate look like? What do you need to meet your goals?

**Notes:**

**Physical activity and relaxation:** Our bodies are meant to move! Regular physical activity reduces stress and pain, improves mood and helps control weight and prevent disease. Balance, flexibility, endurance and strength, as well as rest and relaxation, are key to good health.

Consider: Do you have regular physical activity as part of your everyday routine? Do you get the rest you need? Do you have the endurance, flexibility, and balance you want? What does being able to do physical activities you want look like? How does relaxation look in your day? What are some steps you would like to take towards achieving this vision?

**Notes:**

**Conventional and complementary care:** Access to good health

care and resources, and creating and maintaining a healthcare team as needed, are obvious contributors to good health. Care may originate with a general practitioner, or a group of specialists that includes a health and wellness coach.

Complementary care has become more common. Examples of evidence-based complementary care include massage therapy, acupuncture, chiropractic care, and practices like yoga, Tai chi, qi gong, among others. It is important to seek qualified practitioners in evidence-based complementary care, i.e., practices whose effectiveness has been studied by practitioners who have appropriate training and licensure when applicable.

**Consider:** Are you receiving the care you need? What does good healthcare look like to you? How can you get the help and guidance you want for your optimal health and wellness? Consider also if you are meeting your healthcare needs and seeking help when needed, e.g., getting check-ups, preventative screenings, vaccines and communicating clearly about your concerns. Are there complementary approaches you would like to learn or explore? In seeking practitioners, do you know what to look for in training, experience and licensure? Are there practices like meditation, yoga or Tai chi you would like to develop or improve? What are your goals and some first steps?

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Notes:

**INTELLECTUAL**

Lifelong learning helps continue self-growth and development throughout our lives. Being curious is essential for expanding our knowledge and exploring our full potential. Often this leads us to use our strengths and abilities to help others.

**Consider:** What does being a lifelong learner mean to you? What areas of intellectual growth and development are important to you? What are you curious about? How can you continue your learning?

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Notes:

## **EMOTIONAL**

Emotional wellness involves awareness, understanding and respect for our feelings, values and attitudes and appreciating these in others, too. Nurturing emotional wellness and cultivating positive self-regulation practices and coping strategies can help us feel optimistic about life and the possibilities and help us in taking action. Conventional and complementary care can also play essential roles in promoting positive emotional wellness.

**Consider:** What does emotional wellness mean to you? What do

you want it to look like in your life? What do you need to support you in enhancing your emotional wellness?

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**Notes:**