

Name: _____

Date: _____

7 dimensions of wellness

M G B X A W H A T U D Y M U S I C A H A D X Y G	Extracurriculars
Y S P I R I T U A L G E S I Y W S T G V V R S D	
Y D O E G Q T L S Z K H N A I D E M L A I C O S	Environmental
I N A F T P R E T L K T E Y D L C Z N I C D X R	
R D P V V C E J R P E U L A N O I T A P U C C O	Social Media
K Z W U J I U U O L M O B L C N K Z W K O R L X	
Y V F H Y F Y L L T U E G L H O I H T Q E A E P	Intellectual
E P O S P A U E D I H P T H B Q L B R L N X D A	
Z S D D A E C X O Z U I O B Y A J D A O Z B U O	Occupational
R C R V O T G A R D E N Q S T G S X I J D L U I	
Z E V A U G L J S S V J W N X S I T U T K N M U	Emotional
I G X A L A T Z E M H P E O J J O E F N P L Y R	
B K L M I U H L D C A M X B P M B P N T W Z F Y	Spiritual
U P N C N V C E V Y N Z Z H E O E P Y E N Y U L	
G W O K K A O I L O W A E L K E Y U K P R N W K	Physical
Q S F O F R A H R C A A B Y L X E V W L P T V J	
S X G P K Z V I K R Y T D S Z S C U U B A J V F	Puzzles
I H V E O T V P Q J U C V I Z P X U Q N O T W J	
V Y S A B N C X B Y G C E R E O V N N L W V R K	Hygiene
P Z O U E T P M Y R W N A R M R P H Y S I C A L	
L Y X U S E L Z Z U P E G R G T N S B S W W C B	Purpose
T F P U R P O S E O R B S O T S G R S X C L T R	
U P R B L E J S A L X B T D L X M C H I F M C Q	Recycle
T M X X E V Z P X S S J D G P L E Z X U P I T D	
	Garden
	Sports
	Social
	Music
	Sleep
	Relax
	Talk
	Read