



True North
Executive Coaching

The Wellness Quiz: Take the Quiz to Begin Your Journey!

The post-pandemic era is unfolding. Our world may still look the same but deep down we know that much is changing. Technological automation, global connectivity, virtual work are just few examples of the business evolution. These changes are impacting our traditional systems of education, healthcare, financial, governmental and more. The ripple impact comes with uncertainties but also ***so many new possibilities that were not there prior to 2020.***

In the aftermath of the great 2020 pandemic, many aspects of career and work life have changed too. One key change is a new understanding that our career success and personal life are now intricately interwoven. In the past, your coworkers likely did not see the inside of your house (or the tail of your beloved pet as it crosses your virtual screen) but now your coworkers likely say hello to your roommates, kids or partner. It is a new day!

One workplace trend that began prior to the pandemic but has had accelerated adoption is employee wellness and wellbeing. Employee wellness has become a corporate responsibility and a key focus of organizations. Previously, the corporate wellness programs focused on diet, exercise and smoking cessation but are now expanding to the larger aspects of overall wellbeing. Wellbeing includes meaning and purpose, work-life balance, stress management, mind-body-spirit techniques, and even incorporation of emotional intelligence.

What about the employees?

At a personal level, many employees are questioning their current career path. They are seeking meaning and purpose to life and career. With this exploration is also a need to realize that part of the change is that there is no clear delineation between work and home. Therefore, wellbeing is also a critical factor in the career success of an individual. Any excellent coach needs to consider the whole person (work, home, relationships, transitions, health, wellbeing, etc).

With new trends and a focus on wellbeing, True North Executive Coaching combines both the career coaching with the wellbeing – aligning you for personal success! Let's get started. First, let's focus on your wellbeing. Take the quiz.

8 Dimensions of Wellness

“Wellness involves being aware of ourselves as **whole people**, including a sense of balance and contentment. It is a belief that we have **meaningful relationships and a sense of meaning and purpose**. Although we may have setbacks or experience stress, we are resilient and we have strength, material resources, and the support of others to survive and thrive.” Dr. Peggy Swarbrick

In 2015, Dr. Peggy Swarbrick of Rutgers University released evidence-based research on wellness. It was so groundbreaking that organizations are now adopting the 8 dimensions of wellness to help individuals live their best lives. She helped us realize that a wellness lifestyle includes a self-defined balance in multi-dimensional and interconnected areas including: physical, spiritual, emotional, social, financial, occupational, intellectual and environmental.

**Take your personal assessment below.
Circle the number that best fits and add up
your number for each dimension.**

PHYSICAL	Rarely, if ever	Sometimes	Most of the Time	Always
I exercise aerobically for 20 to 30 minutes at least three times a week.	1	2	3	4
I eat fresh fruits, vegetables and whole grains daily.	1	2	3	4
I avoid tobacco products, alcohol, caffeine and sugar.	1	2	3	4
I get adequate sleep each night. (7-9 hours/nightly)	1	2	3	4
I use stress management techniques that help me to stay calm and relaxed.	1	2	3	4
I maintain a reasonable weight for my age and height.	1	2	3	4
I keep up with my annual physical, dental checkups, immunizations and self-exams.	1	2	3	4
I keep excellent dental care with regular brushing and flossing.	1	2	3	4
I wear a seat belt while riding or driving a car.	1	2	3	4
I seek to be physically active rather than to be stationary.	1	2	3	4
TOTAL:				

Your Physical Number: _____

Your Personal Wellness

SPIRITUAL	Rarely, if ever	Sometimes	Most of the Time	Always
I can name my own personal values and describe my beliefs about life.	1	2	3	4
I make conscious choices about my daily actions based on my personal values.	1	2	3	4
When I get depressed, anxious or frustrated, I draw on my beliefs and values to give me direction.	1	2	3	4
I use prayer, meditation and/or other quiet personal reflection regularly in my life.	1	2	3	4
Life is meaningful for me, and I feel purpose in life.	1	2	3	4
I try to learn about others' beliefs and values, especially those that are different from my own.	1	2	3	4
I have a strong sense of optimism and faith in the future.	1	2	3	4
I use my thoughts and attitudes in life-affirming ways.	1	2	3	4
I appreciate the natural forces that exist in the Universe.	1	2	3	4
I feel gratitude for the good things in my life.	1	2	3	4
TOTAL:				

Your Spiritual Number: _____

EMOTIONAL	Rarely, if ever	Sometimes	Most of the Time	Always
I accept responsibility for my actions.	1	2	3	4
I see challenges and change as opportunities for growth.	1	2	3	4
I believe that I have considerable control over my life.	1	2	3	4
I am able to laugh at life and myself.	1	2	3	4
I am able to appropriately cope with stress and tension.	1	2	3	4
I make time for leisure pursuits.	1	2	3	4
I am able to recognize my personal shortcomings and learn from my mistakes.	1	2	3	4
I am able to recognize and express my feelings.	1	2	3	4
I feel good about myself.	1	2	3	4
When facing emotional difficulties, I have a support system to assist me, or seek professional help.	1	2	3	4
TOTAL:				

Your Emotional Number: _____

Your Personal Wellness

SOCIAL	Rarely, if ever	Sometimes	Most of the Time	Always
I have a network of friends and/or family.	1	2	3	4
I contribute time and/or money to social and community projects or causes that are important to me.	1	2	3	4
I regularly spend time with people I like.	1	2	3	4
I balance my own needs with the needs of others.	1	2	3	4
I am a compassionate person and try to help others when I can.	1	2	3	4
I have a sense of belonging within my community.	1	2	3	4
I feel comfortable meeting new people.	1	2	3	4
I can give and receive compliments graciously.	1	2	3	4
I communicate with and get along with a wide variety of people.	1	2	3	4
I am interested in others, including those with backgrounds that are different from my own.	1	2	3	4
TOTAL:				

Your Social Number: _____

FINANCIAL	Rarely, if ever	Sometimes	Most of the Time	Always
I have a good handle on my financial status.	1	2	3	4
I have money on hand to meet my current expenses.	1	2	3	4
I understand the issues of balancing my wants and needs, and balancing savings and spending.	1	2	3	4
I balance my checkbook and audit my credit card statements.	1	2	3	4
I have funds or available credit to deal with moderate unexpected life expenses – a needed car repair, broken glasses, or a sudden trip to see a sick relative.	1	2	3	4
I pay my bills and file my taxes on time, and rarely or never get over-limit fees, or overdue or bounced check notices.	1	2	3	4
I check my credit reports at least once a year.	1	2	3	4
My savings are on track with my life goals, such as home ownership, educating children and/or retirement.	1	2	3	4
I have a will, power of attorney and healthcare proxy.	1	2	3	4
I have people I can turn to for good help with financial matters.	1	2	3	4
TOTAL:				

Your Financial Number: _____

Your Personal Wellness

OCCUPATIONAL	Rarely, if ever	Sometimes	Most of the Time	Always
I am happy with my career choice.	1	2	3	4
I am productive on most days at work.	1	2	3	4
I look forward to work.	1	2	3	4
My job responsibilities are consistent with my values.	1	2	3	4
The payoffs and advantages in my choice of career/field are consistent with my values.	1	2	3	4
I am happy with my balance of work and leisure time.	1	2	3	4
I am happy with the amount of control I have in my work.	1	2	3	4
My work gives me personal satisfaction and stimulation.	1	2	3	4
I am happy with the professional and personal growth that is provided by my job.	1	2	3	4
My job allows me to make good use of my talents.	1	2	3	4
TOTAL:				

Your Occupational Number: _____

Occupational Alternative: If you do not have a position receiving financial payment, please use this “Occupational” dimension instead of the above questions.

OCCUPATIONAL (Alternative)	Rarely, if ever	Sometimes	Most of the Time	Always
I consider my gifts, talents and passions to determine how they may be best utilized.	1	2	3	4
I recognize the wisdom that I possess and seek to offer to the community in positive ways.	1	2	3	4
I engage every day in meaningful ways.	1	2	3	4
I look forward to the next day and how I allow my creativity to be used.	1	2	3	4
Each day, my activities reflect the values of priority to me.	1	2	3	4
I am happy and content with my life.	1	2	3	4
I have activities that provide me with personal satisfaction and stimulation.	1	2	3	4
I am happy with my continued personal growth.	1	2	3	4
I ensure a balance in my activities.	1	2	3	4
I practice my life’s purpose in the way that I live daily.	1	2	3	4
TOTAL:				

Your Occupational Number: _____

Your Personal Wellness

INTELLECTUAL	Rarely, if ever	Sometimes	Most of the Time	Always
I make an effort to learn new things.	1	2	3	4
I try to keep on top of current affairs – locally, nationally and internationally.	1	2	3	4
I listen to podcasts, plays and musical performances – in person or online.	1	2	3	4
I do creative and stimulating mental activities/games.	1	2	3	4
I read daily, whether that be the newspapers, the internet, magazine, or books from my local bookstore or library.	1	2	3	4
I practice something every week to improve my skills and use my gifts, like crafts, cooking, music or sports.	1	2	3	4
I try to see more than one side of an issue, especially for things that are controversial.	1	2	3	4
I engage in intellectual discussions.	1	2	3	4
I look up things that I don't know.	1	2	3	4
I ask questions to learn from others.	1	2	3	4
TOTAL:				

Your Intellectual Number: _____

ENVIRONMENTAL	Rarely, if ever	Sometimes	Most of the Time	Always
I regularly clean my living and work environment.	1	2	3	4
I make use of natural light, fresh air and live plants.	1	2	3	4
I minimize waste of food by eating all that I buy and discarding little.	1	2	3	4
I ensure that my living and work space are healthy and a safe environment.	1	2	3	4
I conserve energy (fuel, electricity, water, etc) in my home, my car and elsewhere.	1	2	3	4
I recycle (glass, paper, plastics etc)	1	2	3	4
I learn how to support our environment and keep up with the latest approaches.	1	2	3	4
I set aside time to enjoy nature.	1	2	3	4
I see the interconnectedness of our environment, animals, plants and humans.	1	2	3	4
I set aside time to reflect and/or practice mindfulness.	1	2	3	4
TOTAL:				

Your Environmental Number: _____

Your Personal Wellbeing Conclusions:

Directions: Write down your scores from each of the dimensions above and review with the maximum score. You may also divide your score by the maximum score to get a percentage value if helpful.

Dimension of Wellness	My Personal Score	Maximum Score
Physical		40
Spiritual		40
Emotional		40
Social		40
Financial		40
Occupational		40
Intellectual		40
Environmental		40

Now review your information above. What do you notice? Take a moment to delve a bit deeper with the questions below.

Deeper Personal Considerations:

Which dimensions have a positive number for you?

Were you aware of your success in this area? YES NO

Of those dimensions, where might you wish to spend more time?

Which dimensions seemed to be areas of struggle?

Remember that the dimensions change as life moves through ups and downs. The dimensions do not remain stagnant. Wellbeing requires an ongoing review, checking in to see how you are doing and re-evaluating yourself. It's an ever evolving journey.

Take a moment to review your current status. Which dimensions would you like to incorporate positive movement forward? Let's develop a plan of action.

1.

2.

3.

4.

5.

Join Mara Benner with True North Executive Coaching to delve more deeply into your overall wellness. Learn to use the above as your first step into the world of “whole person care” and learn how it helps you excel in your career and align for your success.

A complimentary half hour consult is available at www.truenorthexecutivecoaching.com or email Mara at mara@truenorthexecutivecoaching.com.

Align for Your Success!