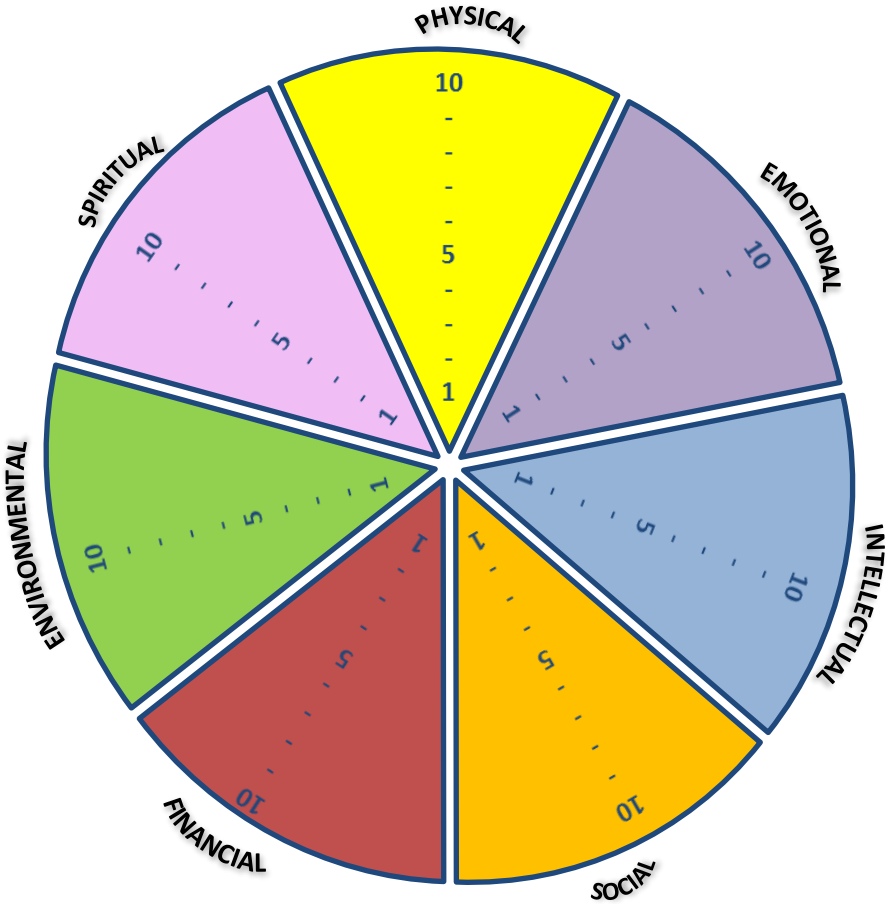


# Action Sheet

## My Perceptual Wellness Rating

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Physical  
\_\_\_\_\_

Emotional  
\_\_\_\_\_

Intellectual  
\_\_\_\_\_

Social  
\_\_\_\_\_

Financial  
\_\_\_\_\_

Environmental  
\_\_\_\_\_

Spiritual  
\_\_\_\_\_

| Physical  | Intellectual  | Environmental  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Nutrition (eating &amp; drinking)</li> <li>• Activity</li> <li>• Sleep</li> </ul>  | <ul style="list-style-type: none"> <li>• Lifelong learning.</li> <li>• Expanding knowledge and skills.</li> <li>• Openness to new ideas.</li> <li>• Ability to think / make decisions.</li> <li>• Self talk.</li> <li>• Positive attitude.</li> <li>• Power of the mind.</li> </ul> | <ul style="list-style-type: none"> <li>• Maximise safety of self and others.</li> <li>• Minimise harm of your interactions with your environment and nature: <ul style="list-style-type: none"> <li>- Use of water.</li> <li>- Eating and drinking habits.</li> <li>- Pollution.</li> </ul> </li> <li>• Re-think, Reduce, Re-use, Recycle.</li> </ul>                                    |
| Emotional   | Social  | Spiritual  |
| <ul style="list-style-type: none"> <li>• In touch with feelings (awareness).</li> <li>• Express and manage feelings and related behaviours.</li> <li>• Responsibility for own feelings and actions.</li> <li>• Acceptance of feelings of self/others.</li> <li>• Happiness, enthusiasm and optimism.</li> </ul> | <ul style="list-style-type: none"> <li>• Meaningful relationships.</li> <li>• Ability to interact with people.</li> <li>• Connectedness.</li> <li>• Inclusiveness.</li> <li>• Mutual trust.</li> <li>• Support system.</li> </ul>   | <ul style="list-style-type: none"> <li>• Your personal values and beliefs.</li> <li>• Act to better yourself and others.</li> <li>• Search for meaning and purpose.</li> <li>• Time to be quiet and reflect, e.g.: <ul style="list-style-type: none"> <li>- Prayer / Meditation.</li> <li>- Tai Chi.</li> <li>- Spiritual Dance.</li> </ul> </li> <li>• Love and forgiveness.</li> </ul> |
|   |   | Financial  |
| <ul style="list-style-type: none"> <li>• Understanding and managing personal financial situation.</li> <li>• Budgeting.</li> <li>• Spending according to budget.</li> <li>• Live within your means.</li> <li>• Improving your financial situation.</li> </ul>   |   |  |