

8 Dimensions of Wellness — Starter Kit

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Welcome

You are here because you're ready to take a small but powerful step toward feeling better in mind, body, and life.

This guide will help you understand your wellness as a whole — and build simple habits that actually stick.

The 8 Dimensions of Wellness

Physical Wellness

How you take care of your body

Movement • Sleep • Hydration • Nutrition • Health routines

Questions to reflect:

- Do I move my body daily?
 - Do I feel energized most mornings?
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Emotional Wellness

How you experience, express, and regulate feelings

Stress coping • Self-awareness • Confidence

Questions:

- Am I able to express my needs clearly?
- Do I give myself permission to feel?

3 Intellectual Wellness

Engaging the mind & curiosity

Learning • Creativity • Problem-solving

Questions:

- Do I make time to learn new things?
- What excites my brain?

4 Social Wellness

Healthy relationships & belonging

Support • Communication • Boundaries

Questions:

- Do I feel connected to people who support me?
- Am I spending time with those who lift me up?

5 Spiritual Wellness

Alignment with values & inner purpose

Meaning • Mindfulness • Faith • Core beliefs

Questions:

- What helps me feel grounded?
- Am I living in alignment with what matters to me?

6 Vocational Wellness

Purpose in work, role, and contribution

Satisfaction • Strengths • Growth

Questions:

- Does my work feel meaningful?
- Am I proud of the way I contribute?

7 Environmental Wellness

Your surroundings support your wellbeing

Clutter • Nature • Safety • Comfort • Sustainability

Questions:

- How do I feel in my space?
- What would make my environment more healing?

8 Financial Wellness

Confidence in managing resources

Budgeting • Saving • Planning

Questions:

- Do I feel in control with money?
- What change would increase security?

Wellness Wheel — Self Check

Rate each dimension **1–10**

(**1** = Needs major attention | **10** = Thriving)

Dimension	Score	Notes
Physical	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Emotional	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Intellectual	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Social	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Spiritual	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Vocational	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Environmental	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	
Financial	☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10	

Circle your **top 2 strengths** 

Highlight your **top 2 focus areas** 

Your Wellness Priorities

My biggest area to focus right now:

Why this matters to me:

What would progress look like (in 4 weeks)?

Micro-Habits (Small Steps that Build Big Change)

Choose **3 tiny habits** to practice daily:

Habit	When?	How long?	Done?
_____	_____	_____	☐
_____	_____	_____	☐
_____	_____	_____	☐

Tips:

- Keep habits under **2 minutes**
- Tie them to something you already do (ex: after brushing teeth)

Last Notes

You don't have to overhaul everything.

You just need to **start with what helps the most, right now.**

I'm here to support you through that.

Ready for Personalized Support?

You get a **Free Wellness Consultation** — no sales pressure.

Book at:

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Together, we'll build a life that feels good in all 8 dimensions. 