



Women of Wellness

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Wellness Audit Template

Instructions: Use this one-page checklist to assess your organization's wellness culture based on the multidimensional components from Chapter 1. Rate each area on a scale of 1-5 (1 = Needs Significant Improvement, 5 = Thriving). Add notes on current strengths/weaknesses and set 1-2 goals for improvement.

Wellness Component	Description	Rating (1-5)	Notes/Observation	Goals/Action
Emotional Wellness	Creating spaces where feelings are valued and psychological safety is prioritized.			
Mental Wellness	Access to therapy, EAPs, and training to recognize mental health signs.			
Social Wellness	Building authentic connections through mentorship, events, and community.			
Spiritual Wellness				



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	Opportunities			
Spiritual Wellness	Opportunities for purpose, reflection, and aligning work with values.			
Occupational Wellness	Meaningful work, growth pathways, and skill development.			
Environmental Wellness	Safe, ergonomic spaces that support physical and emotional health (e.g., lighting, nursing rooms).			
Financial Wellness	Pay equity, financial education, and support for stress from wage issues.			
Intellectual Wellness	Encouraging learning,			



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	creativity, and innovation.			
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Overall Insights: Summarize key patterns or priorities.

Next Step: Share this audit with a colleague or mentor for feedback, or visit womenofwellness.love for coaching support.