

Wellness Compass Journey

Activity 21. Step 1.2: Strengths and Challenges Appraisal

Use this activity at least once a year to acknowledge your strengths and summarize key challenges.

Based on what you know of yourself and your most recent Wellness Compass Profile results, for each wellness domain list one ingrained strength (something you do all the time or do very well with little effort), one strength in progress (a strength you have to keep working on to improve), and a challenge (something you don't do well consistently that should change, or something that know you must do). In the bottom row, add in other issues or major events that you have to attend to in the next three months

Date: _____

Domains	Ingrained Strengths	Strengths in Progress	Challenges (Must Dos)
Spiritual			
Socioemotional			
Physical Health			
Life's Purpose			
Balance			
Anything Else and Major Events			

Summarize what you've learned. Place stars next to the top three to five wellness issues—the ones you believe are the most important and will yield the most benefit if enhanced in the next three months.