

Wellness Checklist

A periodic review across the key dimensions of your overall wellbeing.

Physical Wellness

- Review whether you are moving your body regularly
- Check that you are eating balanced meals most days
- Assess your sleep quality and consistency
Sleep underpins nearly every other area of wellness.
- Note your hydration and caffeine or alcohol intake
- Confirm health checkups and screenings are up to date
- Notice your energy levels and any recurring aches

Mental Wellness

- Reflect on your stress levels over the past weeks
- Check whether you are giving your mind real rest
- Notice your focus, motivation, and mental clarity
- Review your screen time and information overload
- Consider whether you are still learning or growing
- Note any persistent worry that needs more support

Emotional Wellness

- Reflect honestly on your overall mood lately
- Notice whether you allow yourself to feel and process emotions
- Check how kindly you have been treating yourself
Self-compassion is a key marker of emotional wellbeing.
- Identify what has been lifting or draining you emotionally
- Consider whether you need more rest, joy, or support
- Note if low mood has lasted and may need professional help

Social Wellness

- Review how connected you feel to the people in your life
- Check whether you have spent quality time with loved ones
- Notice if any relationships need attention or repair
- Assess your boundaries and whether you are overextended
- Consider reaching out to someone you have lost touch with
- Reflect on whether your social time energizes or drains you

Financial Wellness

- Review your spending against your budget or goals
- Check the status of any savings or emergency fund
- Confirm bills and payments are on track
- Notice whether money is a frequent source of stress
- Set or revisit one realistic financial goal
- Plan a small next step toward greater financial stability

Reflect and Set Intentions

- Identify which area feels strongest right now
- Notice which one or two areas need the most attention
- Choose one small change to focus on next
- Acknowledge what is already going well
- Schedule your next wellness review

Regular check-ins keep small issues from growing.