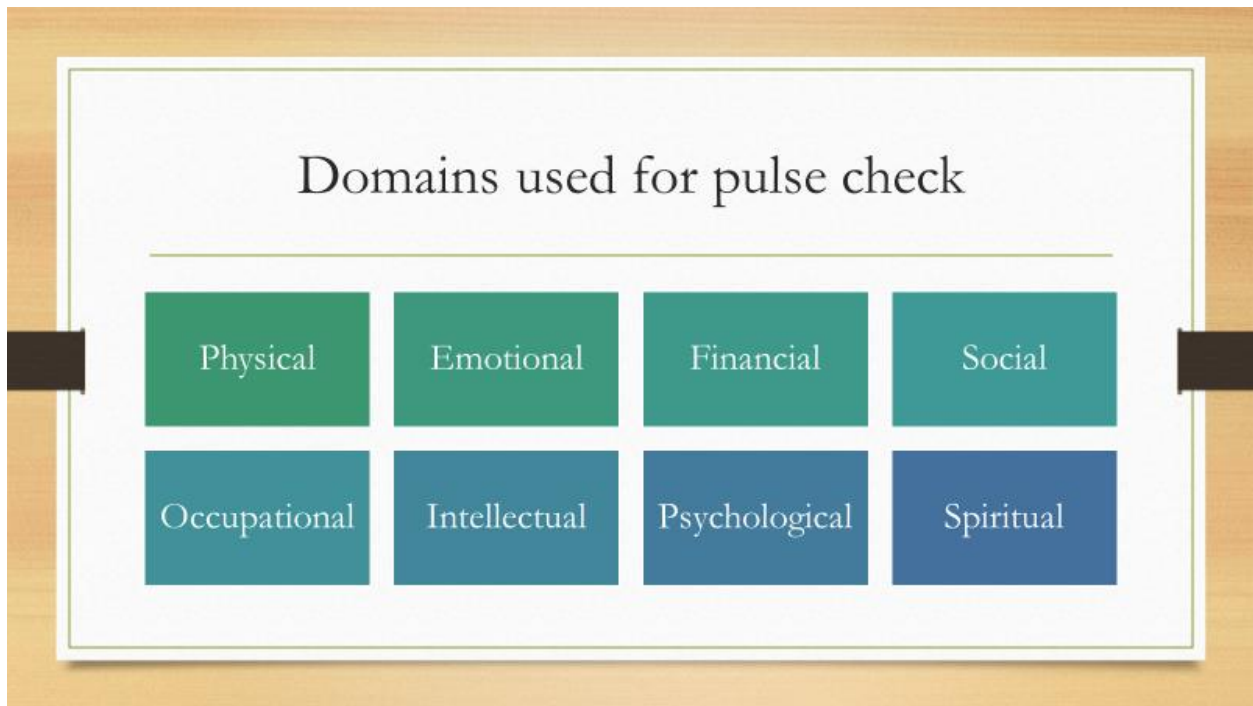


Domain pulse checks:

Wellbeing is a balance among domains that are interdependent. The physical, emotional, financial, spiritual, social, occupational, intellectual, and psychological domains are all part of wellness. Having an informal check-in with a coach can help bring awareness about which domain in your life presently needs some attention. We call these check-ins a “pulse check.”



We invite you to reflect on the following questions or prompts to bring awareness to your life and wellness:

IMPORTANT LIFE DOMAINS:

- What 2-3 domains of wellness seem most important to you at present?
- Are they important because you chose them to be, or is it where you are spending most of your time and energy?

Occupational	Psychological	Physical	Spiritual
Emotional	Financial	Intellectual	Social

VALUES: What are some values that are important to you, and how do they fit within those domains?

GOALS & ACTIONS: What values-congruent goals and activities do you

- 1) already have
- 2) want to pursue

NEED FOR SKILLS-TRAINING: What important skills do you want to pay more attention to? (e.g., problem solving, boundary setting, goal setting, self-soothing, assertiveness, communication, conflict resolution, time management, relaxation, empathy)

MY PERSONAL BARRIERS: What difficult thoughts and feelings show up for me? What other barriers do you perceive you have?

RESOURCES: What strengths, skills and personal resources do you already have, that could be utilized to achieve these goals? What external resources could potentially be accessed?

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Swarbrick, M. (2006). A wellness approach. *Psychiatric rehabilitation journal*, 29(4), 311.
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