

## Dimensions Table

Dimension	Description	Rate
	The <b>Emotionally</b> well person can identify, express, and manage the entire range of feelings and will seek assistance to address areas of concern.	
	The <b>Physically</b> well person gets adequate amounts of sleep, eats a nutritious diet, engages in exercise, attends regular medical check-ups, and practises safe and healthy relationships.	
	The <b>Creatively</b> well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.	
	The <b>Financially</b> well person is very aware of their financial state and budgets, saves, and manages finances in order to achieve realistic goals.	
	The <b>Environmentally</b> well person recognises the responsibility to preserve, protect, and improve the environment and appreciates the interconnectedness of nature and the individual.	
	The <b>Occupationally</b> well person works to gain personal satisfaction and enrichment in their career, consistent with their values, goals, and lifestyle.	
	The <b>Spiritually</b> well person seeks harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue and reflection.	
	The <b>Intellectually</b> well person values lifelong learning and seeks to engage in critical thinking, develop moral reasoning & expand worldviews. Sees education as the pursuit of knowledge.	
	The <b>Socially</b> well person has a support system of people based on interdependence, mutual trust, respect, and has developed awareness towards the feelings of others.	