

# LABORATORY 7.4



Complete Lab 7.4 online at [www.pearsonhighered.com/powers](http://www.pearsonhighered.com/powers).

Name \_\_\_\_\_ Date \_\_\_\_\_  
Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Wellness Profile

In the chapters that follow, you will be introduced to various aspects of wellness and the skills necessary to make significant changes in your behavior. As you prepare to examine the concepts in more detail, you can use this lab to predict what your strengths will be in the six areas of wellness. Refer back to this lab later to reexamine this list, and update it as you evaluate your personal wellness goals and make plans for improving wellness.

Write your top three strengths for each component of wellness below.

### PHYSICAL WELLNESS

Maintaining overall physical health and participating in physical activities. Examples of strengths include cardiorespiratory endurance, balance, and flexibility.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### EMOTIONAL WELLNESS

Possessing a positive self-concept and dealing appropriately with your feelings. Strengths may include self-confidence, trust, and optimism.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### INTELLECTUAL WELLNESS

Retaining knowledge, thinking critically about issues, making sound decisions, and finding solutions to problems. Strengths may include inquisitiveness, curiosity, and dedication.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### SOCIAL WELLNESS

Developing lasting relationships with family and friends and contributing to the community. Strengths in this area may include compassion and friendliness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ENVIRONMENTAL WELLNESS

Protecting yourself from environmental hazards and minimizing your negative impact on the environment. Behaviors such as recycling and carpooling are examples of strengths in this aspect of wellness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **SPIRITUAL WELLNESS**

Having a sense of meaning and purpose in life. Behaviors such as prayer, meditation, helping others, and enjoying nature are examples of strengths along this dimension.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Is there an aspect of wellness that you need to develop more fully? If so, which one? What are some specific behaviors you can do now to improve this wellness component in your life?