

Step 1: Discover Your Wellness Levels

Answer the questions on the 7 Dimensions of Wellness and tabulate your scores for each dimension.



Mapping your Wellness Wheel

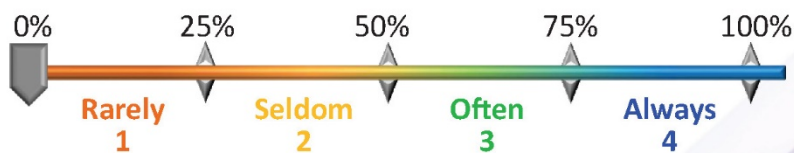
is a visual representation of your personal wellness where you will be able to see the pattern of your own wellness portfolio.

This Positive Ageing Toolkit is your personal set of resources which helps you to be aware of your personal dimensions of wellness. It is one of the ways where you can understand and reflect on your thoughts, feelings and values about your personal well-being. Your journey of self-discovery starts here.

“Knowing yourself is the beginning of wisdom.” - Aristotle

About Wellness Evaluation

This consists of a series of short questions in each category of the wellness dimensions.



1. Use the scale shown above where 1 refers to Rarely, 2 refers to Seldom, 3 refers to Often and 4 refers to Always.
2. Answer the 5 questions in each category of the wellness. Circle the choice that best describes you. For example:

SCORE

I do exercises (eg: brisk walk, cycling, etc.). 1 - 2 - 3 - ④

3. Add up the total from the 5 questions and record the score below.
4. Mark this value onto the wellness wheel for each dimension.

Total Score _____/20



Physical Wellness

Refers to living a healthy and active lifestyle through exercising regularly, eating a balanced diet and caring for the body.

SCORE

- | | |
|---|---------------|
| 1. I maintain a healthy weight range. | 1 - 2 - 3 - 4 |
| 2. I ensure I get sufficient sleep every night. | 1 - 2 - 3 - 4 |
| 3. I do exercises (eg: brisk walk, cycling, etc.). | 1 - 2 - 3 - 4 |
| 4. I have balanced meals and am conscious of my diet. | 1 - 2 - 3 - 4 |
| 5. I watch for early signs of sickness and seek medical help if needed. | 1 - 2 - 3 - 4 |

Total Score _____/20



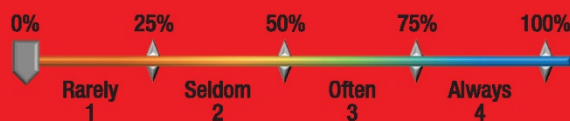


Emotional Wellness

Refers to the ability to manage, express and accept your feelings, cope with problems and solving them.

	SCORE
1. I take positive action to manage my stress.	1 - 2 - 3 - 4
2. I can accept and express my feelings.	1 - 2 - 3 - 4
3. I know my weaknesses and learn to manage them in a healthy way.	1 - 2 - 3 - 4
4. I can adapt and adjust to change for better.	1 - 2 - 3 - 4
5. I am confident and feel good about myself.	1 - 2 - 3 - 4

Total Score _____/20





Social Wellness

Refers to the ability to connect and forge meaningful, positive relationships with the people around us.

SCORE

- | | |
|---|---------------|
| 1. I interact with my peers and community through social activities (eg: BBQ, outings, etc.). | 1 - 2 - 3 - 4 |
| 2. I value healthy relationships with my loved ones and friends. | 1 - 2 - 3 - 4 |
| 3. I am honest and show respect to people. | 1 - 2 - 3 - 4 |
| 4. I find my social roles to my family, friends and community fulfilling. | 1 - 2 - 3 - 4 |
| 5. I am patient and a good listener. | 1 - 2 - 3 - 4 |

Total Score _____/20





Intellectual Wellness

Is about being actively involved and engaged in creative and mentally stimulating activities, in pursuit of lifelong learning as improvement of the self.

SCORE

- | | |
|--|---------------|
| 1. I learn from my mistakes and improve myself. | 1 - 2 - 3 - 4 |
| 2. I learn by being aware of my surroundings and events. | 1 - 2 - 3 - 4 |
| 3. I learn to adapt myself better to life challenges. | 1 - 2 - 3 - 4 |
| 4. I enjoy creative activities (eg: art, music, etc.). | 1 - 2 - 3 - 4 |
| 5. I look for opportunities to be involved in meaningful activities. | 1 - 2 - 3 - 4 |

Total Score _____/20





Spiritual Wellness

Is about seeking meaning and purpose in life, and discovering spiritual fulfilment.

	SCORE
1. I experience overall peace and well-being.	1 - 2 - 3 - 4
2. I take time to appreciate people, nature and the things around me.	1 - 2 - 3 - 4
3. I have a sense of purpose and meaning in life.	1 - 2 - 3 - 4
4. I show care, goodwill and respect others' values and beliefs.	1 - 2 - 3 - 4
5. I am contented with who I am and what I have.	1 - 2 - 3 - 4

Total Score _____/20





Financial Wellness

Is about having an understanding of your financial situation and taking care of it in preparation and anticipation of any financial changes.

SCORE

- | | |
|--|---------------|
| 1. I have the finances for my daily living needs. | 1 - 2 - 3 - 4 |
| 2. I am prepared for emergency financial changes. | 1 - 2 - 3 - 4 |
| 3. I am careful with spending my money. | 1 - 2 - 3 - 4 |
| 4. I learn and manage to live within my income. | 1 - 2 - 3 - 4 |
| 5. I plan towards my retirement to be financially independent. | 1 - 2 - 3 - 4 |

Total Score _____/20





Vocational Wellness

Refers to the ability to gain personal satisfaction from our endeavours – be it career or voluntary work, while maintaining a healthy work-life balance.

SCORE

- | | |
|---|---------------|
| 1. My occupation and leisure time are well-balanced. | 1 - 2 - 3 - 4 |
| 2. I enjoy personal satisfaction and stimulation from my lifework. | 1 - 2 - 3 - 4 |
| 3. My current role and personal values are aligned. | 1 - 2 - 3 - 4 |
| 4. My contributions have helped to develop my personal growth. | 1 - 2 - 3 - 4 |
| 5. My current tasks have given me a sense of achievement and productive well-being. | 1 - 2 - 3 - 4 |

Total Score _____/20



16-20

You're in good shape! Spread your zest for life and motivate other fellow seniors.

"Follow your honest convictions, and stay strong."

- William M Thackeray

10-15

Cool, you are well-paced in your own ways.

"Every day do something that will inch you closer to a better tomorrow."- Doug Firebaugh

6-9

Seek to understand some of the dimensions of wellness you may have not given much thought or attention to.

"Be not afraid of growing slowly; be afraid only of standing still."- Chinese Proverb

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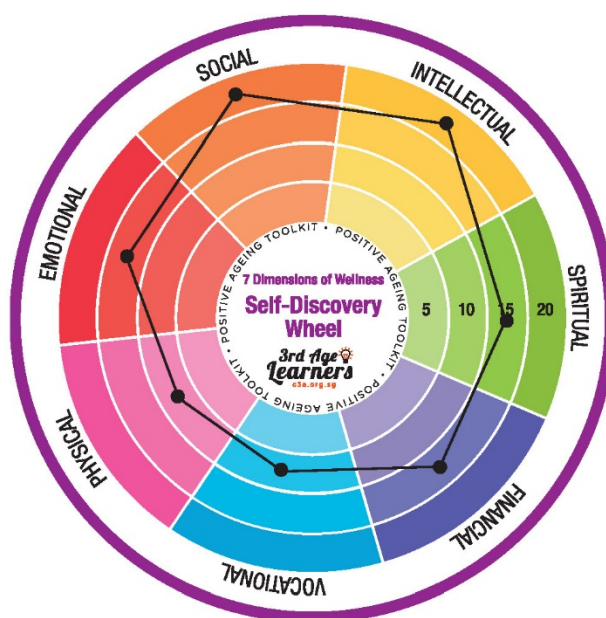
Embark on your self-discovery journey by taking little steps out of your comfort zone.

"The only journey is the journey within."

- Rainer Maria Rilke

After scoring yourself based on the 7 Dimensions of Wellness, plot your scores on the Self-Discovery Wheel as shown in the example below.

Example:



3rd Age Learners
c3a.org.sg

C3A
Ageing Well

c3a.org.sg

Step 2: Mapping It Out

Using scores for each dimension, plot on the Self-Discovery Wheel and join up the points.



Step 3: Next Steps

Check out our network of resources to participate in various programmes and activities.



Network of Resources

Start exploring today!
Look out for learning opportunities
at these organisations.



Family Central

6593 6470

www.family-central.sg

- Arts & Culture
- Health & Wellness
- Computer & IT



Institute of Technical Education

1800-225 5483

www.ite.edu.sg

- Culinary
- Business & Finance
- Computer & IT



Lasalle College of the Arts

6496 5000

www.lasalle.edu.sg

- Arts & Culture



Nanyang Academy of Fine Arts

6512 4000

www.nafa.edu.sg

- Arts & Culture



Ngee Ann Polytechnic

6466 6555

www.np.edu.sg

- Health & Wellness
- Computer & IT



Republic Polytechnic

6510 3000

www.rp.edu.sg

- Health & Wellness
- Computer & IT



**RSVP Singapore –
The Organisation of
Senior Volunteers**
6259 0802

www.rsvp.org.sg

- Arts & Culture
- Health & Wellness
- Computer & IT



SACE
6582 2280

www.sace.org.sg

- Arts & Culture
- Health & Wellness



SIM University
6248 1616

www.unisim.edu.sg/CET

- Arts & Culture
- Health & Wellness
- Business & Finance



Singapore Heart Foundation
6354 9340

www.myheart.org.sg

- Health & Wellness



Singapore Polytechnic

6772 1288

www.pace.sp.edu.sg

- Arts & Culture
- Culinary



Temasek Polytechnic

6788 2000

www.tp.edu.sg

- Health & Wellness
- Business & Finance
- Computer & IT



Society for WINGS

6250 1012

www.wings.sg

- Health & Wellness
- Business & Finance



YAH! Community College

6445 0300

www.yah.org.sg

- Health & Wellness
- Business & Finance



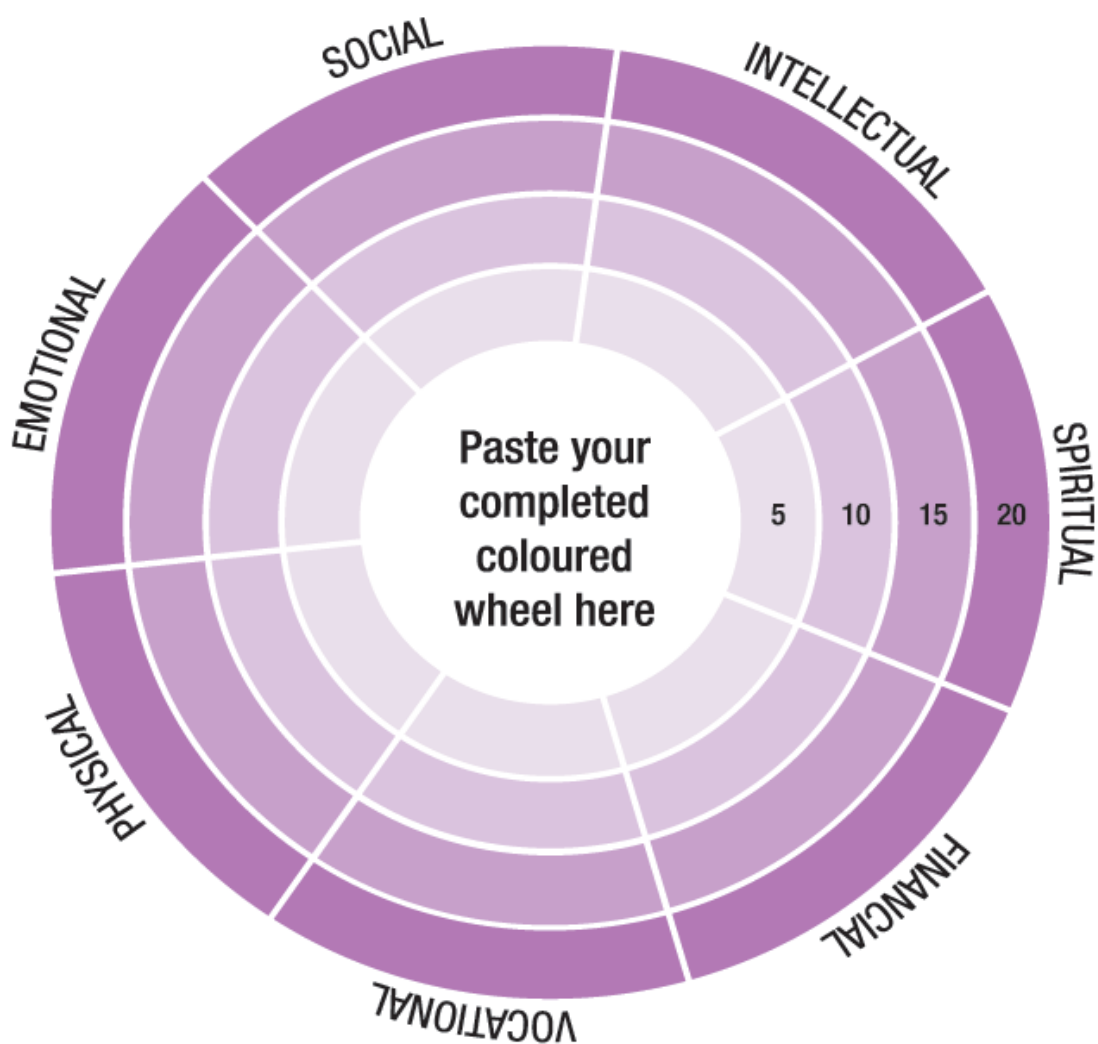
c3a.org.sg

Step 4: Chart Your Way to Self-Discovery

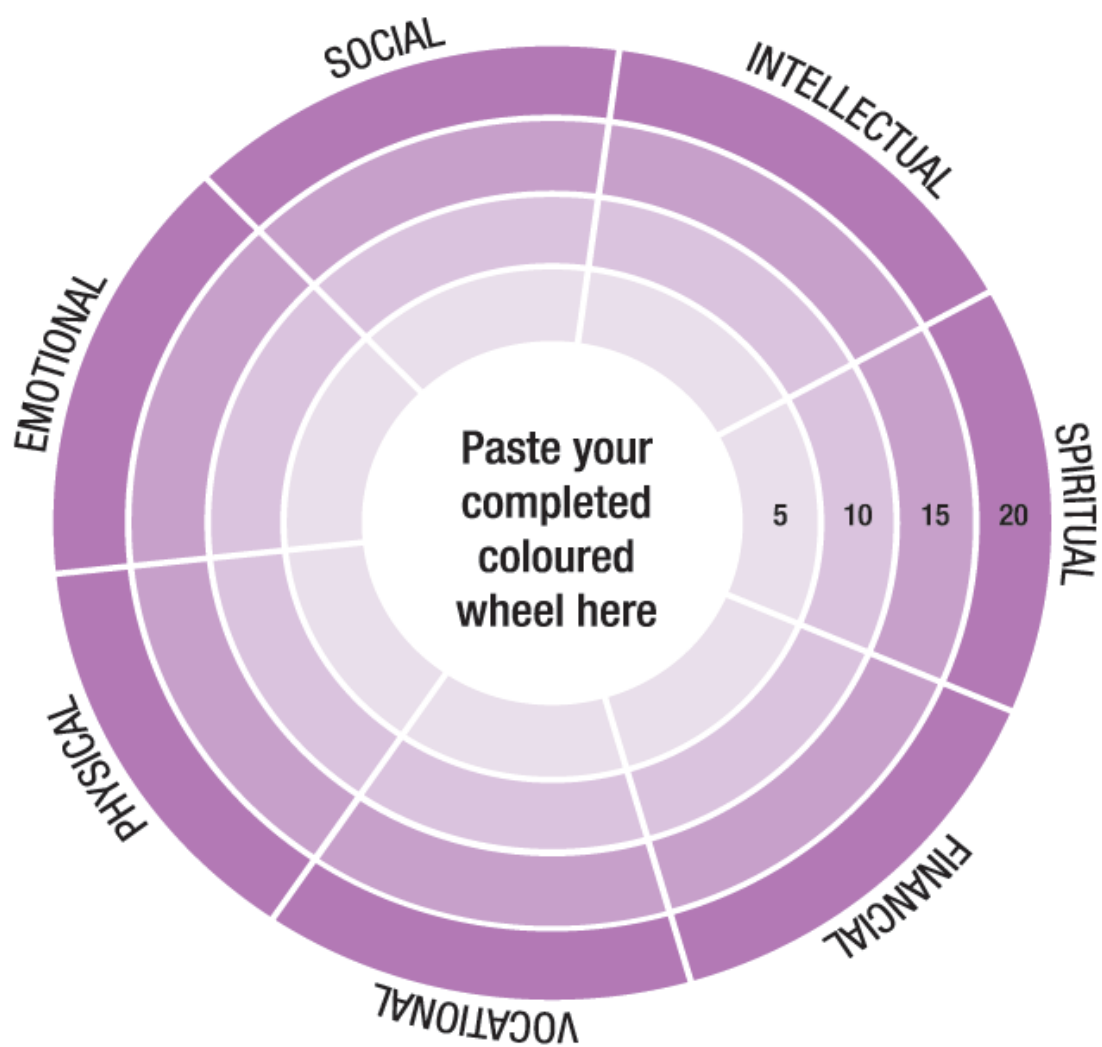
To achieve a good balance between the 7 Dimensions of Wellness, try to improve the extent of your wellness levels! Paste your completed Self-Discovery Wheels to the placeholders. Repeat this exercise every quarterly.

Every individual is unique and the same goes for their ageing journeys. So, focus on your own personal growth towards positive ageing.

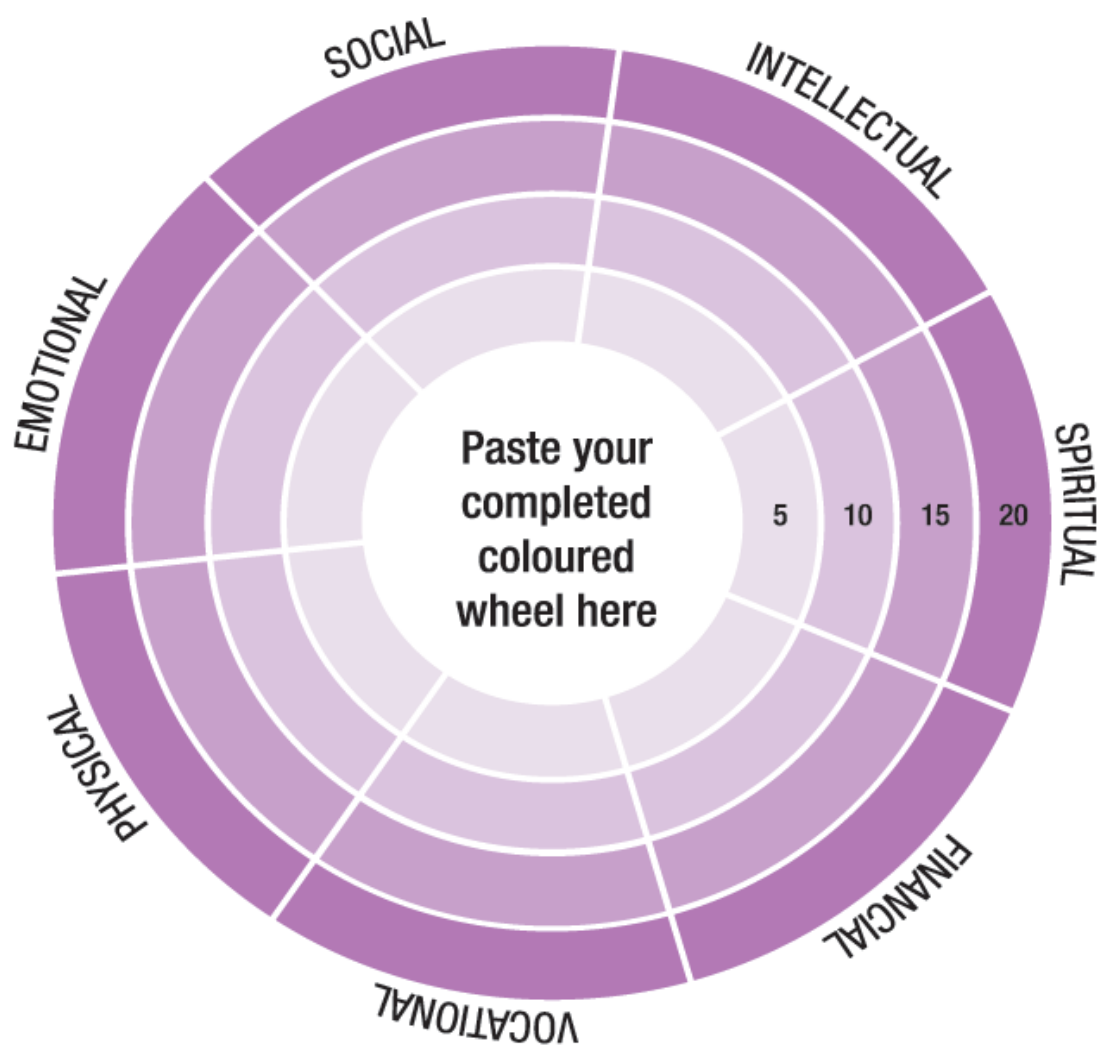
Now



4 Months later



8 Months later



12 Months later

