

# DIMENSIONS OF HEALTH



Family Caregivers  
of British Columbia

## CURRENT ACTIVITIES

- What are you already doing?
- What can you do this week?
- How confident are you with that step?

## NEEDS

- What is blocking your actions?
- How can you reduce such barriers?
- What do you need to make this happen?

## GOALS/WANTS

- How will you feel when this is completed?
- How will it help you reach a bigger goal?

## LEARNING

- What did you learn from this process?
- How can you adapt?
- What wisdom can you apply?

DIMENSION OF HEALTH	CURRENT ACTIVITIES	GOALS/WISHES	NEEDS
PHYSICAL			
INTELLECTUAL			
SOCIAL			
EMOTIONAL			
SPIRITUAL			