



# THE WELLNESS COMPASS

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Measure your Wellness

Navigate Your Path to Holistic Wellness

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# UNDERSTANDING WELLNESS

Wellness Directly Impacts Relationships & Success



**happiness**

**relationships**

**happiness**

**success**

**Happier People**

have better peace of mind

have a better family life

are liked by friends & peers

have better balanced life goals

have more successful relationships

**Happier People**

have better employment outcomes

are more likely to secure job interviews

are evaluated more positively by superiors

have higher productivity

are less likely to experience job burnout

**HAPPINESS**

**WELLNESS**

**PERFORMANCE**



# The 8 Dimensions Of Wellness

Holistic wellness is an approach that considers the whole person, encompassing the 8 Dimensions of well-being.

01 EMOTIONAL WELLNESS

03 SOCIAL WELLNESS

05 FINANCIAL WELLNESS

07 INTELLECTUAL WELLNESS

02 PHYSICAL WELLNESS

04 OCCUPATIONAL WELLNESS

06 ENVIRONMENTAL WELLNESS

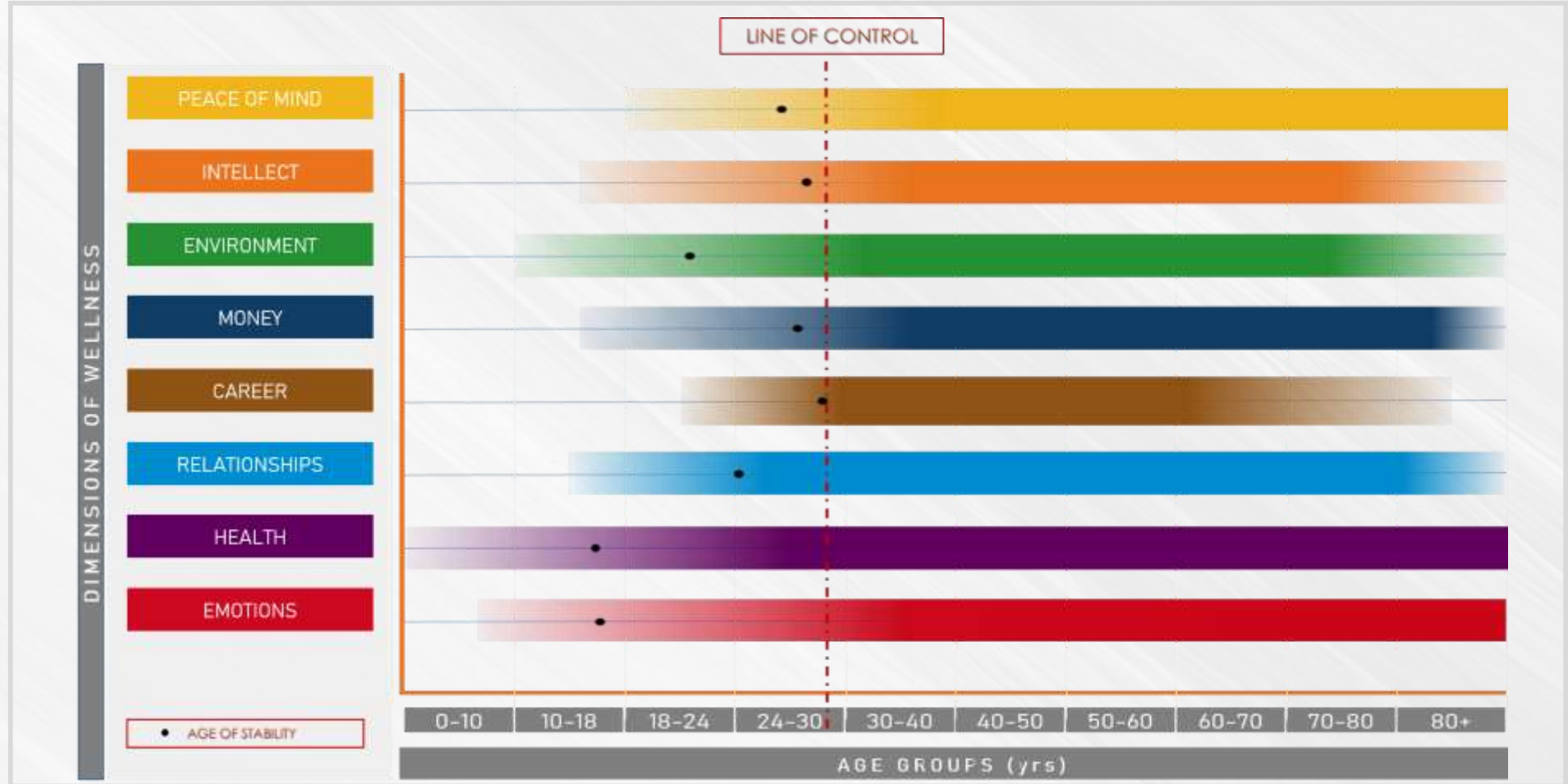
08 SPIRITUAL WELLNESS

Holistic Wellness emphasizes the interconnectedness of these dimensions and the need for balance and harmony in each area.

It recognizes that optimal health and well-being go beyond the absence of illness and encompasses a state of thriving in all aspects of life.



# The Personal Wellness Maturity Index





# Importance of Holistic Wellness



Holistic wellness is vital for individuals to thrive and achieve a balanced and fulfilling life.

It contributes to overall happiness, resilience, and improved quality of life.

By addressing various dimensions of wellness, individuals can experience enhanced physical health, emotional well-being, stronger relationships, personal growth, and increased satisfaction in life.





# What is The Wellness Compass?



The Wellness Compass is  
a tool to **measure Holistic Wellness.**

It assists individuals and organisations  
in finding the path to holistic well-being  
by helping them **navigate their wellness journey.**





# The Wellness Compass

## Holistic Self-Assessments

Self-Assess across the 8 Dimensions of Wellness.

## Online Tool

Assessments are online – hence can be done when & where it is convenient.

## Wellness Profile

Get a personalised wellness profile (scores) for the 8 Dimensions of wellbeing.

## Two Versions

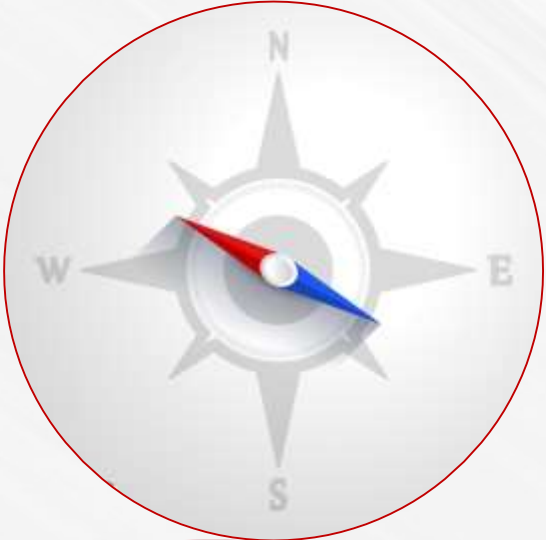
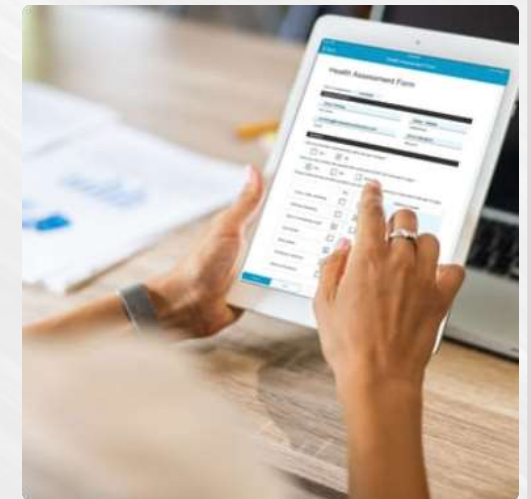
LITE & PRO versions to choose from.

## Recommendations

Receive recommendations based on your Wellness Profile.

## Lower stress and anxiety

Implement recommendations for reduced stress and anxiety levels.



# The Wellness Compass – LITE version



Discover a transformative approach to holistic well-being with The Wellness Compass - LITE, designed to guide you towards a balanced and thriving life. With a concise yet insightful assessment comprising 40 key criteria, this version offers a streamlined journey to self-discovery.

Key Features:

- Swift assessment of 40 key criteria
- Insights into emotional, physical, social, occupational, financial, environmental, intellectual, and spiritual well-being
- Clear visualization of your wellness strengths and areas for growth
- Personalized recommendations to enhance specific dimensions of your well-being



# The Wellness Compass – PRO version



Discover a transformative approach to holistic. Elevate your wellness journey with The Wellness Compass - PRO, a comprehensive tool designed to uncover the depths of your holistic well-being unveils nuanced insights into your well-being landscape, guiding you towards optimal balance and fulfilment.

Key Features:

- Comprehensive assessment covering almost 150 essential criteria
- In-depth exploration of emotional, physical, social, occupational, financial, environmental, intellectual, and spiritual well-being
- Nuanced interpretation of your wellness landscape
- Personalized recommendations to ignite transformative well-being changes



# Navigating the wellness journey

1. Participants will **receive personalized wellness profiles** based on their assessment responses.
2. The profiles will provide a comprehensive overview of their well-being, **highlighting strengths and areas for improvement** in each cardinal point.
3. Participants will learn how to **interpret their wellness profiles** and understand the significance of the scores and grading for each dimension.
4. Understanding the **meaning behind the scores**, such as how higher scores indicate strengths while lower scores indicate areas for growth and focus.
5. Make **informed decisions** about their wellness journey.



# The Process



Participants create their personal profile.



Engage in a *confidential structured self-assessment* that includes targeted questions related to the 8 different dimensions of wellness.



The assessment responses will *generate an overall wellness profile (scorecard)*, highlighting strengths and *areas for improvement*.



Participants can *gain valuable insights and recommendations* into their *well-being* from the scorecards, enabling them to *prioritize areas of focus* and take *proactive steps* toward enhancing their holistic wellness.

# Step 1. User Profile





## THE WELLNESS COMPASS

Measure your Wellness & Navigate your path to Holistic Wellness

### THE WELLNESS COMPASS - LITE (for Individuals)

# Section 01

## Update Your Profile Details



Name *	City & Country of Residence *	
<input type="text"/>	City <input type="text"/>	Country <input type="text"/>
Gender *	Age Group *	Occupation *
<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone Number (Optional)	Email *	Marital Status *
<input type="text"/>	<input type="text"/>	<input type="text"/>

Please complete your profile details to start the Wellness self-Assessment.



## Step 2. Wellness Self-Assessment – LITE Version



# Section 02

## The Wellness SELF-ASSESSMENT

Welcome, Manju Rajaj.

Below are 40 statements to which you need to assign a rating. These 40 statements cover the 8 different dimensions of your holistic wellness. It is recommended that you read each statement carefully and then choose the number that best describes your current state of mind.

Once you have completed the assessment to your satisfaction, please use the SUBMIT button to process your answers and see your Wellness Profile (if relevant).

<p>S01 - I am able to maintain balance between work, family, and friends.*</p> <input type="text"/>	<p>S02 - I know my important health numbers, like cholesterol, weight, blood pressure, and blood sugar levels?*</p> <input type="text"/>
<p>S03 - I plan time to be with my family and friends and enjoy the same.*</p> <input type="text"/>	<p>S04 - I enjoy going to work most days.*</p> <input type="text"/>
<p>S05 - I have financial freedom.*</p> <input type="text"/>	<p>S06 - I make an honest attempt to recycle.*</p> <input type="text"/>
<p>S33 - I am able to set priorities.*</p> <input type="text"/>	<p>S34 - I have an established exercise routine.*</p> <input type="text"/>
<p>S35 - I explore diversity by interacting with people of other cultures, backgrounds, and beliefs.*</p> <input type="text"/>	<p>S36 - I am happy with the current state of my professional career.*</p> <input type="text"/>
<p>S37 - I have planned for my retirement.*</p> <input type="text"/>	<p>S38 - I make efforts to ensure that there is no wastage of food or water around me.*</p> <input type="text"/>
<p>S39 - I seek opportunities that challenge my mind to innovate new things.*</p> <input type="text"/>	<p>S40 - I introspect and try to find my inner self.*</p> <input type="text"/>

Your Assessment is Incomplete.  
Please check and ensure that you have answered all questions.

**Remember.** You can use the **SAVE** button anytime to save your assessment. And resume from the same point.





# Step 2. Wellness Self-Assessment – PRO Version



## Section 02

### The Wellness SELF-ASSESSMENT

Welcome, Manju Bajaj.

Below is the completion status of your Assessment for each of the 8 Dimensions. Please complete the self-assessment for each dimension, and once you are satisfied, please use the SUBMIT button.

Remember, you can edit your assessment statements until you SUBMIT them. Also, you can SAVE your assessment at any point and come back and RESUME it from the same point within 7 Days.

**START ASSESSMENTS**

<input type="checkbox"/> EMOTIONAL WELLNESS	<input type="checkbox"/> SOCIAL WELLNESS	<input type="checkbox"/> FINANCIAL WELLNESS	<input type="checkbox"/> INTELLECTUAL WELLNESS
<input type="checkbox"/> PHYSICAL WELLNESS	<input type="checkbox"/> OCCUPATIONAL WELLNESS	<input type="checkbox"/> ENVIRONMENTAL WELLNESS	<input type="checkbox"/> SPIRITUAL WELLNESS

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**ASSESSMENTS COMPLETED : 2 OF 8**

<span style="background-color: #e91e63; color: white; padding: 2px;">EMOTIONAL WELLNESS</span>	<span style="background-color: #9c27b0; color: white; padding: 2px;">PHYSICAL WELLNESS</span>	<input type="checkbox"/> SOCIAL WELLNESS	<input type="checkbox"/> FINANCIAL WELLNESS	<input type="checkbox"/> INTELLECTUAL WELLNESS
<input type="checkbox"/> EMOTIONAL WELLNESS	<input checked="" type="checkbox"/> PHYSICAL WELLNESS	<input type="checkbox"/> OCCUPATIONAL WELLNESS	<input type="checkbox"/> ENVIRONMENTAL WELLNESS	<input type="checkbox"/> SPIRITUAL WELLNESS

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**D1 - Emotional Wellness**

**Achieving Emotional Stability**  
How to control & manage emotions, handle stress, mood swings, effective decision making, increase dependability, respect and become an emotionally stable person.

**D1-001** - I am satisfied with the give and take expression between me and my family.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-002** - I feel respected and valued.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-003** - I am adequately rewarded and acknowledged by my colleagues and boss.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-004** - I have gone through stress in the recent past and got adequate emotional support.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-005** - I have inner regrets about some of my actions.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-006** - I do not have extreme mood fluctuations.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-007** - Most of the times, I do not face a problem while making the best options.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-008** - I am assured by my ability to control my emotions before others.\*  
**D1-009** - I am able to see priorities easily.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-010** - I know how to reduce stress in my life.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-011** - I always get the personal touchback to retain my emotional stability.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-012** - I have people around me whom I am always rely on.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-013** - I have had a calm life recently without any major problems.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-014** - When confronted with multiple options, I find it challenging to make decisions on my part.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

**D1-015** - I often let my work or my personal responsibilities take priority over the others.\*  
 Completely Agree  Somewhat Agree  Not Sure  Somewhat Disagree  Completely Disagree

Assessment for this Dimension is Incomplete. Please check and ensure that you have answered all questions.

**Remember.** You can use the **SAVE** button anytime to save your assessment. And resume from the same point.

[Save](#)





# Step 3. Wellness Profile (Scorecard)



*Section 03* Your **WELLNESS PROFILE**

EMOTIONAL WELLNESS	66	Progress indicator: 1 of 4 orange circles filled
PHYSICAL WELLNESS	68	Progress indicator: 1 of 4 orange circles filled
SOCIAL WELLNESS	75	Progress indicator: 1 of 4 green circles filled
OCCUPATIONAL WELLNESS	92	Progress indicator: 1 of 4 blue circles filled
FINANCIAL WELLNESS	84	Progress indicator: 1 of 4 green circles filled
ENVIRONMENTAL WELLNESS	38	Progress indicator: 1 of 4 red circles filled
INTELLECTUAL WELLNESS	76	Progress indicator: 1 of 4 green circles filled
SPIRITUAL WELLNESS	88	Progress indicator: 1 of 4 green circles filled



Note: This is a sample Wellness Profile .



## Step 3. Recommendations.

### Section 04

#### Interpretation of the WELLNESS SCORECARD



*The recommendations derived from the assessment scores of The Wellness Compass offer a multitude of benefits that empower individuals to enhance their overall well-being*

1. Understand the meaning behind the scores, such as how higher scores indicate strengths while lower scores indicate areas for growth and focus.
2. Engage in self-reflection to identify their personal strengths and areas where they can enhance their well-being.
3. Evaluate and utilise the various resources and tools available to improve upon the areas that need enhancements
4. Attend online courses to improve understanding of the various domains.
5. Work with a Holistic Wellness Coach / Mentor to address specific areas of concern



# Zones in the Wellness Profile



**Blue Zone: Excellent Well-Being (100% - 90%)** - Individuals in the Blue Zone exhibit exceptional well-being across all dimensions, indicating a balanced and thriving state of overall wellness.



**Green Zone: Good Well-Being (90% - 70%)** - Those in the Green Zone have positive well-being with strengths in various dimensions, indicating a healthy and satisfactory level of overall wellness.



**Amber Zone: Moderate Well-Being (70% - 40%)** - Individuals in the Amber Zone have moderate well-being with some areas of improvement, indicating a need for attention and efforts to achieve a more balanced wellness.



**Red Zone: Poor Well-Being (40% - 0%)** - Those in the Red Zone have poor well-being, indicating significant challenges across dimensions and a need for immediate attention and focused efforts to improve overall wellness.





# Red Flags in the Wellness Profile

In the assessment process (**PRO** version), certain responses may trigger **Red Flags**, which are indicators of potential issues or inconsistencies in the assessment. These **Red Flags** are designed to alert you to specific patterns or anomalies in the answers and require careful consideration during the interpretation of the assessment results.



## IDEAL RANGE (0-8 RED FLAGS)

- An ideal assessment result would have up to 8 Red Flags triggered.
- This indicates a thoughtful and considered approach from the respondent, with responses showing a balanced and genuine reflection of their well-being.

## ACCEPTABLE ERRORS (9-16 RED FLAGS)

- If the assessment shows 9 to 16 Red Flags triggered, it is considered to have acceptable errors.
- While there might be some minor inconsistencies or hurried responses, the overall assessment remains relatively reliable.

## CAUTIONARY (17-24 RED FLAGS)

- An assessment with 17 to 24 Red Flags triggered should be viewed with caution.
- This may suggest that the respondent answered questions in haste, leading to potential inaccuracies in the results.

## INVALID ASSESSMENT (>24 RED FLAGS)

- If more than 24 Red Flags are triggered, the assessment is considered invalid.
- This indicates that the data collected might not reflect the respondent's true state of affairs due to erratic or careless responses.





## The Compass can *transform* your daily life.

- Demonstrates the **importance of incorporating wellness practices** into everyday life.
- Enables the participants to explore practical ways to integrate the Compass principles and strategies **into daily routines and habits**.
- Understand the **importance of resilience** in navigating life's ups and downs.
- Create **strategies for cultivating resilience**, such as practicing gratitude, maintaining a positive mind-set, and seeking support from a support network.



## Resources and Support Available.

By using The Wellness Compass – the participants get access to wellness programs, workshops, and other initiatives with reliable wellness-related content. These include:

- **Online Courses** that enable anytime, anywhere wellness learnings
- **Mentoring Sessions** to consult professionals when necessary to address specific challenges or enhance overall well-being.
- **Blogs, Videos, Interviews, Podcasts** that offer valuable information and guidance
- **Workshops, seminars, or training sessions** that focus on specific aspects of holistic wellness.
- **Wellness Support Groups** to foster a sense of accountability and collaboration in the wellness journey.



# Who Needs The Wellness Compass?

Beneficial for individuals of all backgrounds, ages, and lifestyles.



- Whether new to wellness practices or actively pursuing well-being,
- Individuals within various contexts, including corporate wellness programs, educational institutions, community organizations, or personal wellness initiatives.
- Anyone who wants to gain deeper insights into their wellness status, identify areas for improvement, and navigate their journey towards a balanced and fulfilling life.
- Anyone who wants to take ownership of their well-being and make informed decisions to create a life of optimal holistic wellness.





## To Summarise.

The Wellness Compass enables individuals

- Assess themselves across the 8 Dimensions
- Check their Wellness Assessment Scores
- Get and insights and recommendations
- Find their way towards a balanced and healthy lifestyle

The Wellness Compass enables organisations

- Employees assess themselves anonymously
- Get Wellness scorecards across Locations, Functions, Seniority, Age-groups, etc.
- Get and insights and recommendations from an organisational perspective
- Leads to the creation of the **State of Wellness Report** for the Organisation





# THE WELLNESS COMPASS



*Start your journey!  
Now!*





Let us **connect**, and **start** a possibilities conversation...

**Website:** [www.WellnessSeekersAcademy.com](http://www.WellnessSeekersAcademy.com)

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