

## The Abundant Life Wellness Workbook

### A Moment Just for You

In a world where you are so often the steady presence for others — the listener, the healer, the problem-solver, the calm in someone else's storm — this space is a gentle reminder that **you deserve that same care, too.**

Not because you've earned it through exhaustion.  
Not because you finally reached a milestone.  
Simply because you are human, whole, and worthy exactly as you are.

Wellness isn't an indulgence for healthcare professionals — it's the fuel that allows your compassion, skill, and purpose to shine sustainably. When you nurture your own energy, clarity, and resilience, you don't just benefit personally; you expand what's possible for everyone you serve.

This companion is not a checklist or a test. It's an invitation — a place to pause, to breathe a little deeper, to reconnect with what keeps you grounded and inspired. Take what speaks to you. Leave what doesn't. Let curiosity guide you rather than pressure.

There is extraordinary strength in choosing to care for yourself.  
There is wisdom in slowing down long enough to listen inward.  
And there is power in remembering that your well-being matters just as much as the well-being you create for others.

You are not just a provider of care.  
You are a person with dreams, needs, joy, and depth.  
And that person deserves space to thrive.

Thank you for the work you do — and even more, for the person you are becoming.

With gratitude and encouragement,

**Sarah & Lancette**

*Abundant Life Wellness Hub*



## Wellness Quiz

Wellness can be defined as an active process through which people become aware of and make choices for a lifestyle designed to realize one's highest potential for wholeness and well-being.

Wellness begins with an awareness of the existence of your individual abilities, accomplishments, limitations, and goals. Wellness helps provide for conscious growth in various areas of your life. Wellness can become a state of mind, or, as in the definition above, a more successful lifestyle.

Please circle the number that best represents your response to each Wellness Inventory item.

Scale: 5= almost always 4= sometimes 3= undecided 2= seldom 1= almost never

Emotional					
I am able to deal with the day-to-day pressures.	1	2	3	4	5
I can resolve issues with family members.	1	2	3	4	5
I can establish friendships easily.	1	2	3	4	5
I am comfortable expressing my feelings with others.	1	2	3	4	5
I am considerate of other people's feelings.	1	2	3	4	5
I take responsibility for my own behaviors.	1	2	3	4	5
I am happy with myself.	1	2	3	4	5
Intellectual					
I am a lifelong learner.	1	2	3	4	5
I am able to handle my personal finances satisfactorily.	1	2	3	4	5
I am able to effectively schedule my time.	1	2	3	4	5
I feel capable of making important decisions.	1	2	3	4	5
I know how to set and reach goals and objectives.	1	2	3	4	5
I understand the value of technological advances	1	2	3	4	5
I have read a book or listened to a podcast in the past six months.	1	2	3	4	5



Social					
I am able to successfully share my feelings with others	1	2	3	4	5
I spend some time to reflect on my own personal needs	1	2	3	4	5
I feel skillful in human relations.	1	2	3	4	5
I feel secure going places where I may not know anyone.	1	2	3	4	5
I am able to assert myself when necessary.	1	2	3	4	5
I am able to communicate with others effectively.	1	2	3	4	5
Physical					
I am within 5-10 pounds of my ideal body weight.	1	2	3	4	5
I choose nutritious food.	1	2	3	4	5
I exercise regularly (20-30 minutes 3 times per week).	1	2	3	4	5
I know and use ways to handle stress.	1	2	3	4	5
I do not smoke or vape.	1	2	3	4	5
I sleep at least seven hours per night on most nights.	1	2	3	4	5
I have healthy sleep (no snoring or mouth breathing)	1	2	3	4	5
I do not abuse alcohol or binge drink.	1	2	3	4	5
Spiritual					
I am comfortable with others who have different beliefs than mine.	1	2	3	4	5
I take time for spiritual growth and development.	1	2	3	4	5
I feel I live authentically within my personal values	1	2	3	4	5
I make attempts to expand my awareness of cultures.	1	2	3	4	5
I take breaks from technology	1	2	3	4	5
I understand the value of mindfulness	1	2	3	4	5
Occupational					
I am passionate about what I do	1	2	3	4	5
I find purpose in my current role	1	2	3	4	5
I am able manage conflict	1	2	3	4	5



I am engaged in my profession	1	2	3	4	5
I have a good worklife balance	1	2	3	4	5
<b>Environmental</b>					
I am aware of the limits of the earth's natural resources.	1	2	3	4	5
I conserve energy.	1	2	3	4	5
I recycle trash as much as possible (paper, cans, bottles, etc.).	1	2	3	4	5
I enjoy, appreciate, and spend time outside in natural settings.	1	2	3	4	5
I understand the concept of ecological balance.	1	2	3	4	5
I am aware of the impact dentistry has on the environment.	1	2	3	4	5
<hr/>					
Add each column (i.e., five ones = 5, six twos = 12, etc)					
Now add the columns together. This will be your total score.					
<b>Scoring</b>					
<ul style="list-style-type: none"> <li>• <b>Between 176-225:</b> You are a very healthy person in all the dimensions and have a well lifestyle.</li> <li>• <b>Between 125-175:</b> You are well in some areas but could use improvement in some of the other areas. You could make some changes to take better care of yourself.</li> <li>• <b>Under 125:</b> You tend to have unhealthy habits and an unhealthy lifestyle. Learn some options to make some lifestyle changes.</li> </ul>					
Adapted from: Wellness Quiz, Plymouth State University					



## Wellness Wheel: 8 Pillars of Health and Wellness

Emphasizing wellness leads to a more fulfilling career and increased career longevity. A holistic approach can make the biggest impact on our overall health and wellness. One model for holistic wellness is the Wellness Wheel, originally developed by Dr. Bill Hettler, co-founder of the National Wellness Institute, in 1976. The Wellness Wheel below was developed by Yale School of Medicine.



Used with permission by Yale Medical School:  
<https://medicine.yale.edu/urology/education/residents/wellness/>

### Experience the Abundant Life Wellness Hub: Wellness Resources for Healthcare Providers

Are you ready to take the steps to improve your wellness to become more alert, vibrant, empathetic and most importantly, sustainable? The Abundant Life Health and Wellness Hub is here to help! Visit [www.healthandwellnesshub.com](http://www.healthandwellnesshub.com) for links to self-assessment quizzes, videos, blogs, articles and research on the wellness wheel and the opportunity to connect to a support system.





**Physical Wellness: “the ability to recognize that our behaviors have a significant impact on our wellness and adopting healthy habits (routine check-ups, balanced diets, exercise) while avoiding destructive ones.”**

Specific goals can include:

- Assess nutritional habits and identify opportunities to improve overall health
- Understand how stress, additives, alcohol, and caffeine affect your specific body
- Know your numbers (Blood pressure, BMI, cholesterol, sleep apnea score, A1C, etc)
- Move your body every day (e.g. walking daily has been shown to improve heart health)
- Invest in ergonomics to reduce pain and risk of musculoskeletal disorders

### **Self-Assessment:**

- How does my body feel most days right now (energy, pain, tension, rest)?

- What physical stressors are most present in my life or work?

- How well am I currently supporting my body through rest, movement, and nourishment?

### **Intention & Goal Setting:**

- This week, what would physical abundance look like for me realistically?

- One small goal I can commit to that supports my body:

### **Reflection:**

- What changes did I notice in my body, energy, or awareness?





**Emotional Wellness:** “our ability to acknowledge and share feelings of anger, fear, sadness, or stress; hope, love, joy, and happiness in a productive manner.”

Two components of emotional wellness are mindfulness and emotional intelligence.

Mindfulness is about being present. As healthcare providers we can be so busy taking care of others. Do you ever stop during your day and take a “mindful minute” and truly be present in the moment?

Emotional Intelligence is managing your own emotions while understanding the emotions of others. This includes self-awareness, self-regulation, motivation, empathy, and social skills. Have you tried journaling as a method to grow your emotional intelligence?

#### **Self-Assessment:**

- How aware am I of my emotions on a daily basis?
- What emotions tend to surface most often for me right now?
- How do I typically respond to stress or emotional discomfort?

#### **Intention & Goal Setting:**

- How can I offer myself greater emotional compassion or regulation?
- Set 1-2 emotional wellness goals:

#### **Reflection:**

- What did I learn about my emotional needs or patterns?





**Spiritual Wellness:** represents your personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace.

Spiritual wellness is an individual journey and incorporate several different practices such as gratitude journaling, yoga, meditation, breathing exercises, and more.

**Self-Assessment:**

- Identify your core values:
  
- What helps me feel grounded or aligned?
  
- How do I create space for reflection, stillness, or gratitude?

**Weekly Intention & Goal Setting:**

- This week, how can I reconnect with what feels meaningful to me?
  
- One spiritual wellness goal for this week:

**Reflection:**

What brought me a greater sense of alignment or peace?





**Occupational Wellness:** “our desire to contribute in our careers, to make a positive impact on the organizations we work in and to give back to society as a whole.”

Passion is the energy we feel and WHAT we are interested in. Purpose is all about WHY we want to do something. Have you discovered both? Tips for fostering a healthy career:

- Reflect on YOUR needs
- Don't settle
- Be a mentor, find a mentor
- Live your best life by using your strengths (StrengthsFinder 2.0)
- Invest in yourself: retreats, networking and CE events
- Set career goals: short and long term
- Get involved in the American Dental Hygienist's Association

#### **Self-Assessment:**

- How fulfilled and supported do I currently feel in my work?
- Where do I notice stress, imbalance, or misalignment in my professional life?
- How clear are my boundaries around time, energy, and expectations?

#### **Intention & Goal Setting:**

- What would make my work feel more sustainable or meaningful?
- Describe 1-2 occupational wellness goals:

#### **Reflection:**

- What action steps supported greater balance or alignment at work?





**Intellectual Wellness: “our desire to learn new concepts, be open to new ideas, improve our skills, and seek challenges in pursuit of lifelong learning.”**

Ways to improve intellectual wellness include: try something new, read, be social, stay curious, get creative, rest, practice self-reflection, play brain games/puzzles, and embrace a growth on mindset.

**Self-Assessment:**

- How would you describe your mindset (self-talk, how do you handle challenges and changes in life)?

- What contributes most to mental overload for me right now?

- How often do I engage in learning or curiosity for enjoyment rather than obligation?

**Intention & Goal Setting:**

-How can I support a more positive and growth-oriented mindset?

- Set 1-2 mental or intellectual goals:

**Reflection:**

- What shifted in my thinking, focus, or curiosity?





**Financial Wellness: “our ability to understand our financial situation and taking care of it in such a way that you are prepared for financial changes.”**

Financial stress can take a toll on relationships, work satisfaction and overall quality of life. Some suggestions to improve financial wellness include:

- Learn to negotiate for a raise
- Create a budget
- Understand taxes and legal implications of independent contractor vs. employee
- Plan retirement and savings
- Pay off debt
- Implement will and estate planning

### **Self-Assessment:**

- How would I describe my current relationship with money or resources?

- What financial stressors or concerns feel most present?

- Where do I feel confident or stable financially?

### **Intention & Goal Setting:**

-How can I support peace or clarity around finances?

- Describe 1-2 financial wellness goals:

### **Reflection:**

- What shifted in my awareness or confidence around finances?





**Social Wellness: “our ability to establish and maintain positive relationships with family, friends, and co-workers.”**

Healthy social habits can help build a support system that positively impacts mental and physical health. Strategies to improve social wellness include: making connections, taking care of yourself while caring for others, building healthy relationships, and spending time with people that make you feel loved. In addition, working on conflict resolution skills can help build and maintain healthy relationships.

**Self-Assessment:**

- Are you asking for help when needed?
- How connected and present do I feel to the people who matter most to me?
- Which relationships feel nourishing, and which feel draining?

**Intention & Goal Setting:**

- How can I support meaningful connection or boundaries?
- Create 1-2 social wellness goals:

**Reflection:**

- What did I notice about my relationships or sense of belonging?





**Environmental Wellness: “the opportunity to make a positive impact on our environment, be it in our workplace, our communities, or our planet.”**

*“The Earth is what we all have in common.” Wendell Berry*

Eco-friendly suggestions include:

- Look for sustainable/biodegradable oral health products
- Reduce, Reuse, Recycle
- Improve your health by making your environment safer (air filters, non-toxic products)

**Self-Assessment:**

- How healthy do my physical spaces feel (home, work, surroundings)?

- What environmental stressors affect my wellbeing most?

- What are some products or practices I currently utilize that are harmful to the environment?

**Intention & Goal Setting:**

- What small change could make my environment healthier?

- Set 1-2 environmental wellness goals:

**Reflection:**

- What impact did my environment have on my wellbeing?



## Putting the Wellness Wheel into Action

Congratulations!

You've already taken the first step simply by showing up — choosing reflection, growth, and a deeper commitment to your well-being. That matters more than you may realize.

Wellness isn't perfection; it's balance, awareness, intention, and the courage to keep choosing yourself alongside the care you give others. Even small, consistent shifts can strengthen your energy, resilience, and impact.

Carry this forward with confidence. You are worthy of the same care you provide to others. When you invest in your well-being, everyone benefits.

So as you move forward, ask yourself: What needs my attention right now?  
What small step can I take today?

When you care for yourself, you strengthen your purpose, your impact, and your ability to keep making a difference.  
Your wellness isn't optional — it's foundational. And it begins with you.

Sarah Jackson [sarahjacksonrdh@gmail.com](mailto:sarahjacksonrdh@gmail.com)  
Lancette VanGuilder [lancettevg@gmail.com](mailto:lancettevg@gmail.com)

