

Well-being Dimensions

WORKBOOK



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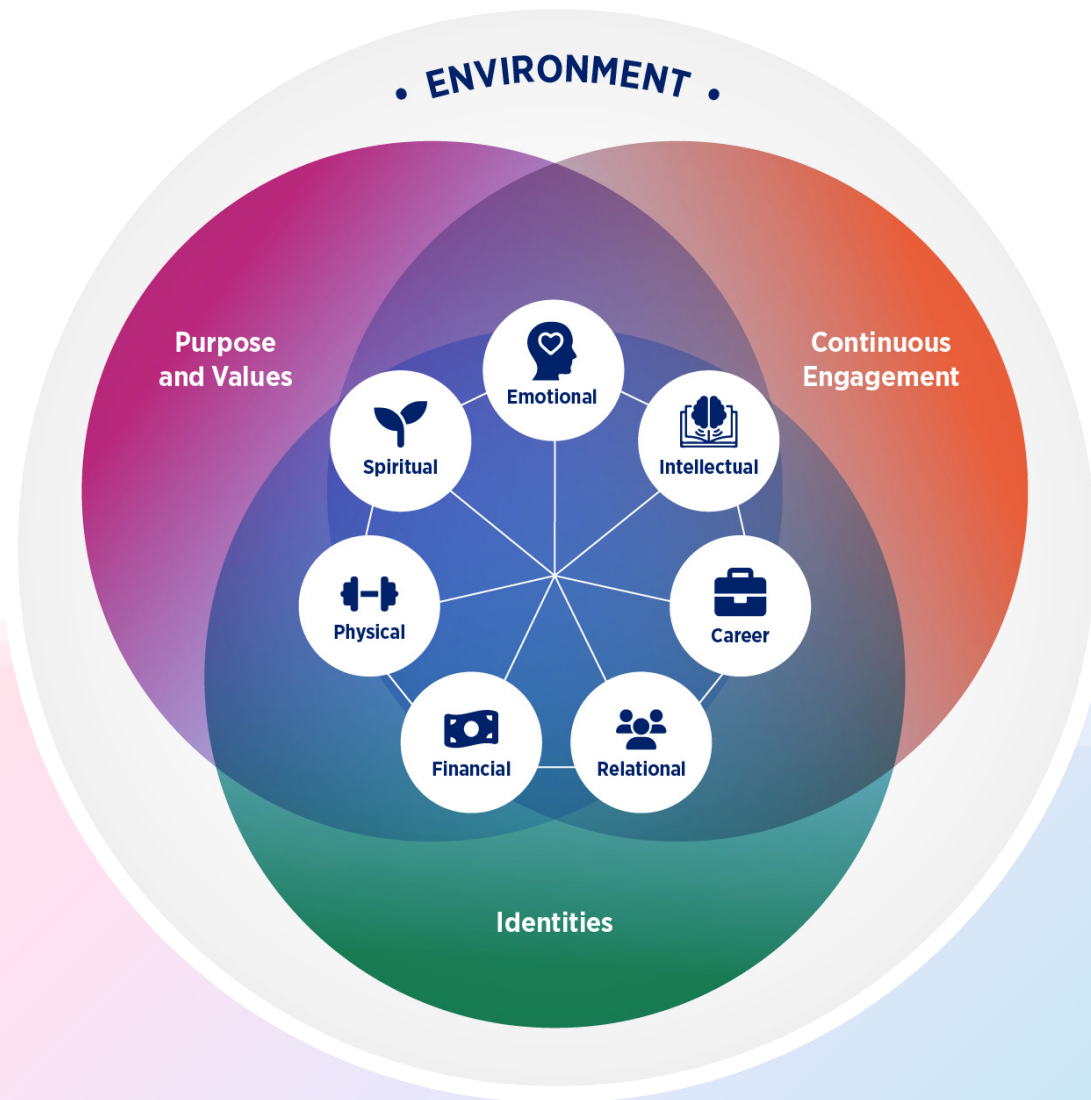
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Dimensions of Well-being:

OVERVIEW



How do we define well-being?

At Columbia, we use the World Health Organization definition of well-being.

“Well-being is a positive state experienced by individuals and societies. Similar to health, it’s a resource for daily life and is determined by social, economic, and environmental conditions. Well-being encompasses quality of life and the ability to contribute to the world with a sense of meaning and purpose.”



Activity:

What does well-being mean to you? How do you define it?

What are the dimensions of well-being?

At Columbia University we think about the different dimensions of well-being.

The goal isn't that people are contributing equally to each of these dimensions, but rather, understanding that you might focus more on certain dimensions depending on what stage of your life you're in.

Physical well-being

encourages... caring for your body.



Emotional well-being

encourages... recognizing, expressing, and managing emotions; it also encourages the ability to adapt to changing environments.



Relational well-being

encourages... developing social connections within your inner circles and broader communities to nurture a sense of belonging.



Financial well-being

encourages... managing and navigating monetary resources to support current and future needs.



Spiritual well-being

encourages... engaging in practices to connect to something beyond yourself.



Career well-being

encourages... exploration of personal and professional growth throughout the ebbs and flows of one's work.



Intellectual well-being

encourages... lifelong learning and exploration of passions to engage the mind.



Activity:

Identify how you practice the different dimensions of well-being.

(e.g. physical: going to the gym, taking a walk, eating consistent meals, going to the doctor, refilling your prescription)

Physical well-being



Spiritual well-being



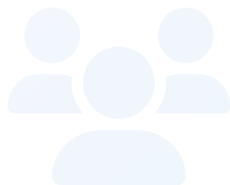
Emotional well-being



Career well-being



Relational well-being



Intellectual well-being



Financial well-being



The way you practice these dimensions may ebb and flow and change over time, and that's okay!



What factors inform your well-being?

When we think about the ability of someone to engage with their well-being, we also recognize that there are several internal and external factors that influence someone's lived experience.

These factors may include:

Environment:

The external factors (such as where you grew up, what resources you have access to, the people in our circles) that contribute to your well-being

Continuous engagement:

continuing to build skills and knowledge to apply them to well-being throughout your life.

Purpose and values:

What is important to you.

Identities:

The components (such as race, gender, sexual identities, disability, social identity) that make up how you view yourself and how society views you.



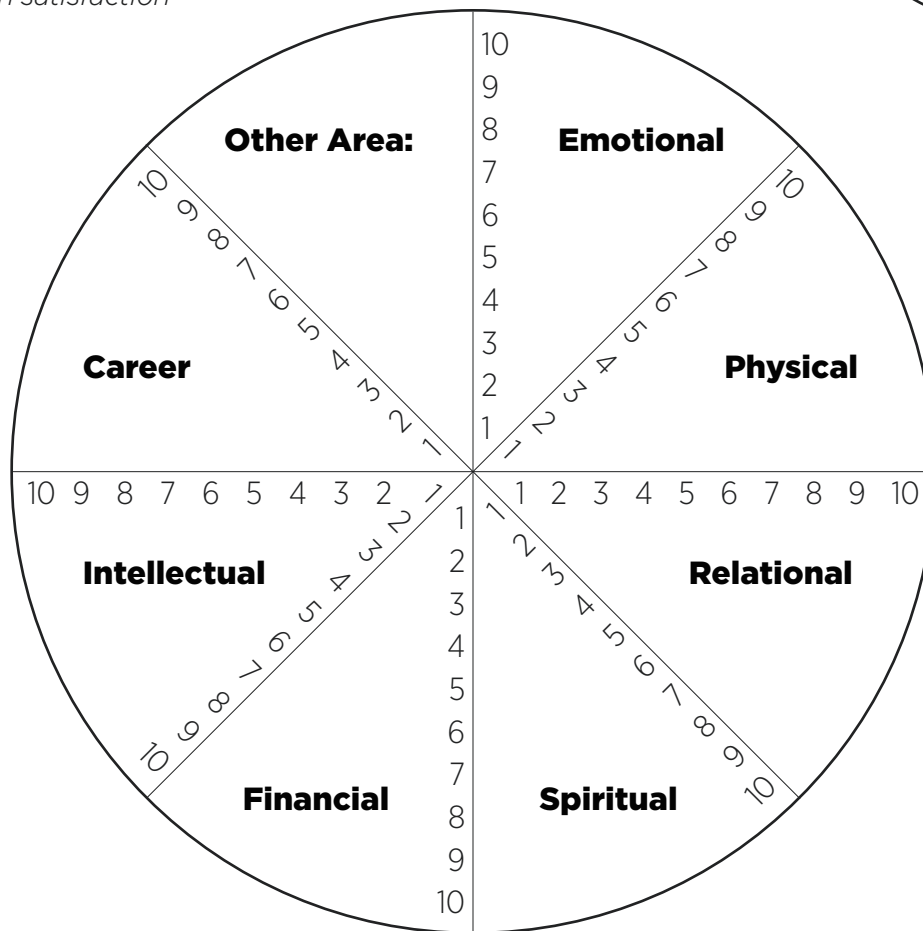
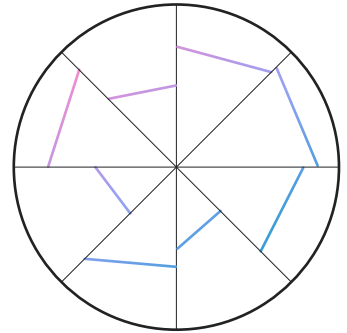


Activity:

Fill out the Well-being Wheel.

- Rate your satisfaction with how you are currently practicing each dimension of well-being on a scale of 1 to 10.
- Use a different color or line type to rate your ideal level of satisfaction regarding each dimension of well-being, on a scale of 1 to 10.
- 1 = Very low satisfaction
10 = Very high satisfaction

Example:

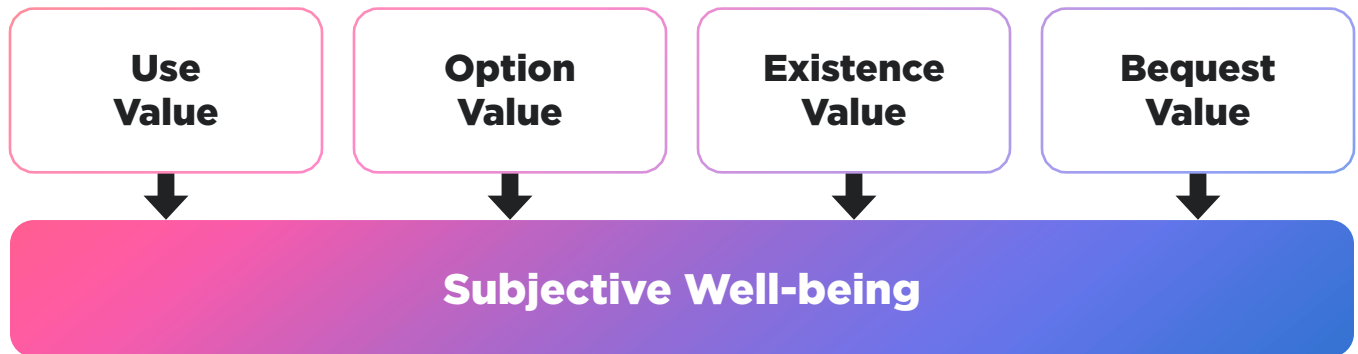


Reflect:

- What dimensions of well-being are currently focused on?
- What dimensions of well-being do you want to develop over this semester? This academic year? Explain why.

Values-Based Decision Making

Reminder! Your purpose and values help you identify what is important to you.



Mele et al. (2022)



Values-based decision making allows you to live life in alignment with your beliefs.

It helps you identify what's important to you to contribute to your well-being. In doing so, this contributes to increased autonomy and long-term satisfaction in living authentically as ourselves. These are the factors which inform our idea of well-being (based on the combination of factors that positively contribute to our well-being and factors that may not serve us).

Use value: How you utilize your resources

Option value: The future use of your resources, as an individual

Existence value: The current use of a resource and how it's used by others

Bequest value: The future use of a resource by others



Activity:

Your values and the values matrix

Check off as many values as you'd like which reflect the beliefs that are most important to you! Feel free to add your own to this list as well.

☐ Accountability

☐ Belonging

☐ Joy

☐ Loyalty

☐ Truth-seeking

☐ Reliability

☐ Positivity

☐ Serenity

☐ Growth

☐ _____

☐ _____

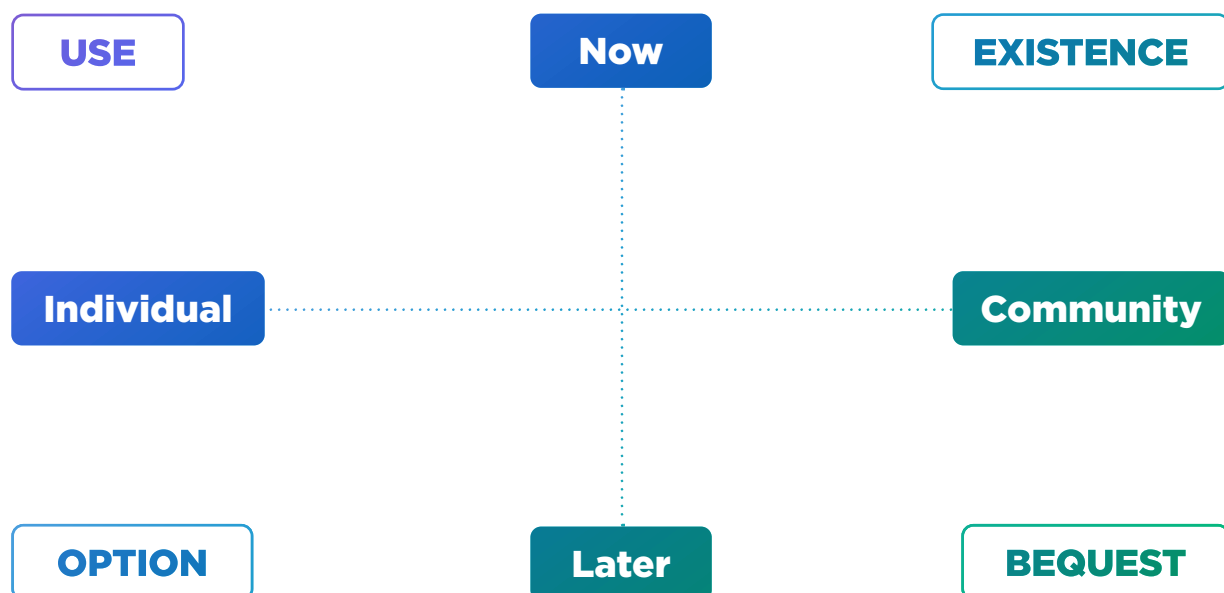
☐ _____

Now that you've identified values that are important to you, we can contextualize them based on the role they play in your life.

Try placing these values in the matrix which illustrates whether these values are personal or shared, and whether these values are showing up for you now or will be in the future.

- For example, as a student, you may prioritize discipline in order to meet deadlines. This value would be placed in the "use value" quadrant.
- Another example, you may hope that in the future, your social circles will value loyalty and showing up consistently for one another. This value would be placed in the "bequest value" quadrant.

Reference back to use value, option value, existence value, and bequest value as we outlined earlier!





Activity: Let's reflect.

- Review your definition of well-being. How do your values tie to your well-being?
- Do your values reflect how you want to show up for yourself? Others? In other spaces?
- How do the values you selected above inform the dimensions of well-being you're focused on? Areas of growth?

Reframing Beliefs

Often, when you're making decisions that aren't aligned with your values, it can be a source of friction or stress. To identify how to address this misalignment, you can use these steps to reframe beliefs and approach your thoughts from a different perspective.

Note!
Reframing does not inherently mean viewing the world from only a positive lens. This is a tool to get a better vantage point on your situation and address it from a place of growth.

2

Challenge your thoughts

As you notice these thoughts, an effective part of reframing involves examining the truth and accuracy (or lack thereof) of these thoughts. This can sound like:

- Are the things you're telling yourself true?
- If a friend came to you in the same situation, how would you respond?

Instead of seeing things the way you always have, challenge negative thoughts, and see if you can adopt thoughts that fit your situation but reflect a more positive outlook.

1

Notice your thoughts

Catch yourself when you're slipping into thoughts that do not reflect your values or do not serve you! One thing you can do is become more mindful of your thoughts as they arise!

3

Replace your thoughts with positive ones

Challenge yourself to replace the thoughts with ones which better align with your motivations. For example, when looking at a possibly stressful situation, see if you can view it as a challenge instead of a threat to promote gratitude or positivity.

Prioritizing Empathy and Understanding

Our values are unique to us as individuals! When making values-based decisions, centering empathy and understanding is essential as you may center different values than others.

Empathy requires us to look outside of ourselves to make space for the experiences of others and, in turn, regulate our own emotions and communicate effectively when having open conversations. Understanding that multiple things can be true at once and honoring the perspectives of others is key to practicing empathy and compassion for the way people want to live their lives.

In order to practice empathy, you can start by using active listening skills. This includes being non-judgmental and staying present in the conversation when showing up for others.



Strategies to practice active listening:

1. Reflect on where you're at.

Be aware of and reduce your biases, so that you're open to hearing your peers.

2. Assume positive intent.

We want to assume that people are coming from a good place when sharing their thoughts and feelings. It's helpful to give the benefit of the doubt!

3. Approach with curiosity.

Ask questions and learn more about why someone feels the way that they do. Diving deeper into someone's point of view can also help us learn.

4. Listen non-judgmentally.

Be respectful of what others have to share! Doing this also increases trust and fortifies your relationships with others.

5. Open body language.

Show someone that you're open to hearing what they have to say by:

- Uncrossing your arms and legs
- Facing your body towards the person that is speaking
- Making eye contact
- Nodding to indicate that you are following along with the conversation

When we are young, we are taught that 'treating others how you want to be treated' is the golden rule. This is to encourage us to build community and work together with the people around us. This practice is ultimately tied back to our motivations and values!



Activity:

What is your 'golden rule'?

- Think of your 'golden rule' which you want to live by (or practice in your community).
- How does 'golden rule' connect to your values? Your state of well-being?
- What are ways in which you can embody these values?



What are strategies to help you meet your well-being goals?

Now that you've identified your 'what', let's focus on the 'how'!

On your well-being wheel, you decided what your ideal dimensions of well-being could look like. After reflecting on your experience with well-being and identifying the values that are important to you, we can explore putting it all into practice.

There are plenty of strategies that you can explore to meet these goals. It's not one size fits all, but trial and error can help you figure out what might work best for you!

Setting Your Goals

It's useful to create goals that are realistic and achievable for you.

Using a SMART goal framework can help you create goals that feel attainable as you align them with your next steps.

Example:

I have a song that always calms me down. I will listen to it at least once a day, either right after work or before I go to bed, starting today.

S

Specific

M

Measurable

A

Achievable

R

Realistic

T

Time-Bound



Activity: Writing a SMART Goal

- S**> **Specific**
- M**> **Measurable**
- A**> **Achievable**
- R**> **Realistic**
- T**> **Time-Bound**

Building a Habit

Try logging a habit! It takes at least 2 months to develop a habit that can be maintained and part of your routine. Choose a habit which you want to work on over the next 2 months.

Remember, consistency is more important than perfection! Missing a day or needing time to rest and recharge is also important when considering your overall well-being.

MONTH 1

Goal: Type here...



MONTH 2

Goal: Type here...



Resources

Columbia University

- **Alice! Health Promotion**
 - Health Promotion Appointments
 - Wellness Coaching
- **Counseling & Psychological Services**
- **Disability Services**
- **Nutritionist, Medical Services**
- **Dodge Fitness Center**

**Want to reflect more
about your well-being?
Meet with Alice!**

Scan the QR to learn more:





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