

## Wellbeing Assessment

We each recognize the importance of wellbeing AND know how easy it is to get so caught up in our schedules that we neglect our life. Please circle the number that best describes your current functioning in each of the five areas below.

	Very Unhealthy	Somewhat Unhealthy	Somewhat Healthy	Very Healthy
Physical Health	1	2	3	4
Social Health	1	2	3	4
Emotional Health	1	2	3	4
Spiritual Health	1	2	3	4
Intellectual Health	1	2	3	4

Note which area (s) above could realistically be strengthened to increase your overall life satisfaction and well-being. Now answer the following sets of questions regarding each dimension of wellness. Indicate how often you think the statements describe you.

### Physical Health

1 Rarely, if ever    2 Sometimes    3 Most of the Time    4 Always

1. I maintain a healthy weight range.

1                      2                      3                      4

2. I do cardiovascular exercise on a regular basis (3-5X week)

1                      2                      3                      4

3. I do regular strength training exercises (3-4X week)

1                      2                      3                      4

4. I stretch before and after vigorous exercise.

1                      2                      3                      4

5. I feel good about the condition of my body

1                      2                      3                      4

6. I feel rested after I wake up

1                      2                      3                      4

7. My immune system is strong and I am able to avoid most infectious diseases.

1                      2                      3                      4

8. My body heals itself quickly when I get sick or injured.

1                      2                      3                      4

9. I have enough energy to get through most days without being overly tired.

1                      2                      3                      4

10. I listen to my body; when I believe something is wrong, I seek professional advice.

1                      2                      3                      4

## Social Health

1 Rarely, if ever    2 Sometimes    3 Most of the Time    4 Always

1. When I meet people, I feel good about the impression I make on them.

1                      2                      3                      4

2. I am open, honest, and get along well with other people.

1                      2                      3                      4

3. I participate in a wide variety of social activities and enjoy being with people who are different than me.

1                      2                      3                      4

4. I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.

1                      2                      3                      4

5. I get along well with the members of my family.

1                      2                      3                      4

6. I am a good listener

1                      2                      3                      4

7. I am open and accessible to a loving and responsible relationship.

1                      2                      3                      4

8. I have someone I can talk to about my private feelings.

1                      2                      3                      4

9. I consider the feelings of others and do not act in intentionally hurtful or selfish ways.

1                      2                      3                      4

10. I consider how what I say, might be perceived by others before I speak.

1                      2                      3                      4

**Emotional Health**

1 Rarely, if ever    2 Sometimes    3 Most of the Time    4 Always

1. I find it easy to laugh about things that happen in my life.

1                      2                      3                      4

2. I avoid using alcohol as a means of helping me forget my problems.

1                      2                      3                      4

3. I can express my feelings without feeling silly.

1                      2                      3                      4

4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.

1                      2                      3                      4

5. I am a chronic worrier.

4                      3                      2                      1

6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.

1                      2                      3                      4

7. I feel good about myself and believe others like me for who I am.

1                      2                      3                      4

8. When I am upset, I talk to others and actively try to work through my problems.

1                      2                      3                      4

9. I am flexible and adapt or adjust to change in a positive way.

1                      2                      3                      4

10. My friends regard me as a stable, emotionally well-adjusted person.

1                      2                      3                      4

### **Spirituality/Meaning**

1 Rarely, if ever    2 Sometimes    3 Most of the Time    4 Always

1. I believe life is a precious gift that should be nurtured.

1                      2                      3                      4

2. I take time to enjoy nature and the beauty around me.

1                      2                      3                      4

3. I take time alone to think about what's important in life - who I am, what I value, where I fit in, and where I'm going.

1                      2                      3                      4

4. I have belief in the importance of things beyond myself.

1                      2                      3                      4

5. I engage in acts of caring and good will without expecting something in return.

1                      2                      3                      4

6. I feel sorrow for those who are suffering and try to help them through difficult times.

1                      2                      3                      4

7. I feel confident that I have touched the lives of others in a positive way.

1                      2                      3                      4

8. I work for peace in my interpersonal relationships, in my community, and in the world at large.

1                      2                      3                      4

9. I am content with who I am.

1                      2                      3                      4

10. I go for the gusto and experience life to the fullest.

1                      2                      3                      4

### **Intellectual Health**

1 Rarely, if ever    2 Sometimes    3 Most of the Time    4 Always

1. I tend to act impulsively without thinking about the consequences.

4                      3                      2                      1

2. I learn from my mistakes and try to act differently the next time.

1                      2                      3                      4

3. I follow directions or recommended guidelines and act in ways likely to keep others and myself safe.

1                      2                      3                      4

4. I consider the alternatives before making decisions.

1                      2                      3                      4

5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.

1                      2                      3                      4

6. I tend to let my emotions get the better of me and I act without thinking.

4                      3                      2                      1

7. I actively try to learn all I reasonably can about an issue before making decisions.

1                      2                      3                      4

8. I manage my time well, rather than time managing me.

1                      2                      3                      4

9. My friends and family trust my judgment.

1                      2                      3                      4

10. I think about my self-talk (the things I tell myself) and then examine the real evidence for my perceptions and feelings.

1                      2                      3                      4

#### Personal Checklist

Now, total your scores in each of the dimensions and compare it to the ideal score. Which areas do you need to work on? How does your score compare with how you rated yourself in the first part of the questionnaire?

	IDEAL SCORE	YOUR SCORE
Physical Health	40	
Social Health	40	
Emotional Health	40	
Spiritual Health	40	
Intellectual Health	40	

## What Your Scores Mean

Scores 35 - 40: Your answers show that you are aware of the importance of this area to your overall wellbeing. More importantly, you are putting your knowledge to work for you by practicing good wellbeing habits.

Scores of 30-35: Your wellbeing practices in this area are good, but there is room for growth. Review the questions you answered that scored one or two points. What action could you take to improve your score? Small changes can lead to greater wellbeing.

Scores of 20-30: You have some wellbeing risks and opportunities. Determine the help you need to best address an area of concern and take an action step to move in this direction.

Scores below 20: You may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. Determine, commit and take action getting the help you need to best address areas of concern