



2020 Personal Wellness Assessment

(Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns and then add together and that number is your score for that dimension)

Physical Wellness: making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety.

	Never	Rarely	Sometimes	Usually
I maintain a desirable weight.	1	2	3	4
I engage in vigorous exercise for over 30 minutes a day up to 5 times a week and strengthening exercises 2 or more days a week.	1	2	3	4
I get 7-8 hours of sleep each night and awake feeling refreshed.	1	2	3	4
I listen to my body; when there is something wrong, I seek professional advice.	1	2	3	4
I responsibly use alcohol. (i.e. designating sober drivers and avoiding binge drinking).	1	2	3	4
I know my important health numbers: cholesterol, blood pressure, blood glucose, body weight, etc.	1	2	3	4
I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.	1	2	3	4
I eat at least 5 servings of fresh fruits and vegetables daily and drink water regularly.	1	2	3	4
I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.)	1	2	3	4
I get regular/yearly physical exams.	1	2	3	4
TOTAL				

Social Wellness: building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict.

	Never	Rarely	Sometimes	Usually
I plan time with family and friends.	1	2	3	4
I enjoy the time I spend with others.	1	2	3	4
I give and take equally in cooperative relationships.	1	2	3	4
I give priority to my own needs by saying 'no' to others' requests of me when applicable.	1	2	3	4
In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.	1	2	3	4
I participate in a wide variety of social activities and find opportunities to form new relationships	1	2	3	4
I communicate effectively with others, share my views and listen to those of others.	1	2	3	4
I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others.	1	2	3	4
I consider how what I say might be perceived by others before I speak.	1	2	3	4
I try to see good in my friends and do whatever I can to support them.	1	2	3	4
TOTAL				

Occupational Wellness: getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintaining a work-life balance.

	Never	Rarely	Sometimes	Usually
I balance work with play and other aspects of my life.	1	2	3	4

I take advantage of opportunities to learn new skills, which will enhance my future employment possibilities.	1	2	3	4
I explore paid and/or volunteer opportunities that interest me.	1	2	3	4
I strive to develop good work habits. (Examples: punctuality, dependability, and initiative).	1	2	3	4
Enjoyment is a consideration I use when choosing a possible career.	1	2	3	4
I effectively handle my level of stress related to work responsibilities.	1	2	3	4
I believe that I am able to contribute my knowledge, skills, and talents at work.	1	2	3	4
I have explored different career options including a side hustle.	1	2	3	4
I work effectively with others.	1	2	3	4
My workload is manageable.	1	2	3	4
TOTAL				

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges.

	Never	Rarely	Sometimes	Usually
I am able to ask for assistance when I need it, from either friends and family, or professionals.	1	2	3	4
I am able to recognize the stressors in my life and have ways to reduce those stressors.	1	2	3	4
I am flexible and adapt or adjust to life's challenges in a positive way.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I try to avoid chronic worry and I am not usually suspicious of others.	1	2	3	4
When I am angry, I try to let others know in non-confrontational or non hurtful ways.	1	2	3	4

I can express all ranges of feelings(i.e. hurt, sadness, fear, anger, and joy) and manage related behaviors in a healthy way.	1	2	3	4
I am able to maintain a balance of work, family, friends and other obligations.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I do not let my emotions get the better of me and I think before I act.	1	2	3	4
TOTAL				

Spiritual Wellness: having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs.

	Never	Rarely	Sometimes	Usually
I have a deep appreciation for the depth of life, death and understanding universal human connection or consciousness.	1	2	3	4
I integrate my "spiritual practice" within everyday life of work, family and relationships.	1	2	3	4
I have faith in a greater power, as a Christian that would be God.	1	2	3	4
My values are true priorities in my life and are reflected in my actions.	1	2	3	4
I feel like my life has purpose and meaning.	1	2	3	4
I engage in acts of caring and goodwill without expecting something in return.	1	2	3	4
I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going.	1	2	3	4
I have found a balance between meeting my needs and those of others.	1	2	3	4
I am accepting of the views of others.	1	2	3	4

I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
TOTAL				

Personal Wellness Checklist

Dimensions of Wellness	Maximum Score	Your Score
Physical	40	
Social	40	
Occupational	40	
Emotional	40	
Spiritual	40	

Scores of 30-40: Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.

Scores of 20-29: Your behaviors in this area are good, but there is room for improvement. Take a look at the item-s on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.

Scores of 19 and below: Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources to help you develop and set achievable goals.

Which dimensions of Wellness could you improve?

Which dimensions of Wellness are going "ok"?

Which dimensions of Wellness are you having success in?