

**Wellness Assessment:** Please answer the following set of questions regarding each **dimension of wellness**. Indicate how often you think the statements describe you.

**Physical Wellness**

	Rarely, if Ever	Sometimes	Most of the Time	Always
1. I maintain a desirable weight.	1	2	3	4
2. I engage in vigorous exercises such as brisk walking.	1	2	3	4
3. I do exercises designed to strengthen my muscles and joints.	1	2	3	4
4. I warm up and cool down by stretching 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 get 7-8 hours of sleep each night.	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 lots of energy and can get through the day without being overly tired.	1	2	3	4
10. I listen to my body; when there is something wrong, I seek professional advice.	1	2	3	4

**Social Wellness**

	Rarely, if Ever	Sometimes	Most of the Time	Always
11. When I meet people, I feel good about the impression I make on them.	1	2	3	4
12. I am open, honest, and get along well with other people.	1	2	3	4
13. I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
14. I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.	1	2	3	4
15. I get along well with the members of my family.	1	2	3	4
16. I am a good listener.	1	2	3	4
17. I am open and accessible to a loving and responsible relationship.	1	2	3	4
18. I have someone I can talk to about my private feelings.	1	2	3	4
19. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
20. I consider how what I say, might be perceived by others before I speak.	1	2	3	4

**Emotional wellness**

	Rarely, if Ever	Sometimes	Most of the Time	Always
21. I find it easy to laugh about things that happen in my life.	1	2	3	4
22. I avoid using alcohol as a means of helping me forget my problems.	1	2	3	4
23. I can express my feelings without feeling silly.	1	2	3	4
24. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.	1	2	3	4
25. I am a chronic worrier and tend to be suspicious of others.	4	3	2	1
26. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.	1	2	3	4
27. I feel good about myself and believe others like me for who I am.	1	2	3	4
28. When I am upset, I talk to others and actively try to work through my problems.	1	2	3	4
29. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
30. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

<b>Mental wellness</b>	<b>Rarely, if Ever</b>	<b>Sometimes</b>	<b>Most of the Time</b>	<b>Always</b>
31. I tend to act impulsively without thinking about the consequences.	4	3	2	1
32. I learn from my mistakes and try to act differently the next time.	1	2	3	4
33. I follow directions or recommended guidelines and act in ways likely to keep others and myself safe.	1	2	3	4
34. I consider the alternatives before making decisions.	1	2	3	4
35. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.	1	2	3	4
36. I tend to let my emotions get the better of me and I act without thinking.	4	3	2	1
37. I actively try to learn all I can about products and services before making decisions.	1	2	3	4
38. I manage my time well, rather than time managing me.	1	2	3	4
39. My friends and family trust my judgment.	1	2	3	4
40. 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

<b>Spiritual wellness</b>	<b>Rarely, if Ever</b>	<b>Sometimes</b>	<b>Most of the Time</b>	<b>Always</b>
41. I believe life is a precious gift that should be nurtured.	1	2	3	4
42. I take time to enjoy nature and the beauty around me.	1	2	3	4
43. 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
44. I have faith in a greater power, be it a God-like force.	1	2	3	4
45. I engage in acts of caring and good will without expecting something in return.	1	2	3	4
46. I feel sorrow for those who are suffering and try to help them through difficult times.	1	2	3	4
47. I feel confident that I have touched the lives of others in a positive way.	1	2	3	4
48. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
49. I am content with who I am.	1	2	3	4
50. I go for the gusto and experience life to the fullest.	1	2	3	4

<b>Environmental Wellness</b>	<b>Rarely, if Ever</b>	<b>Sometimes</b>	<b>Most of the Time</b>	<b>Always</b>
51. I am concerned about environmental pollution and actively try to preserve and protect natural resources.	1	2	3	4
52. I report people who intentionally hurt the environment.	1	2	3	4
53. I recycle my garbage.	1	2	3	4
54. I reuse plastic and paper bags and tin foil.	1	2	3	4
55. I vote for pro-environmental candidates in elections.	1	2	3	4
56. I write my elected leaders about environmental concerns.	1	2	3	4
57. I consider the amount of packaging covering a product when I buy groceries.	1	2	3	4
58. I try to buy products that are recyclable.	1	2	3	4
59. I use both sides of the paper when taking class notes or doing assignments.	1	2	3	4
60. I try not to leave the faucet running too long when I brush my teeth, shave, or bathe.	1	2	3	4