

Wellness Wheel Assessment

Review each statement below. For the ones you agree with (most of the time), give yourself ½ a point. Then total your points in the space provided.

Spiritual Wellness

1. I feel comfortable and at ease with my spiritual life.
2. There is a direct relationship between my personal values and daily actions.
3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
5. Life is meaningful for me, and I feel a purpose in life.
6. I am able to speak comfortably about my personal values and beliefs.
7. I am consistently striving to grow spiritually and I see it as a lifelong process.
8. I am tolerant of and try to learn about others' beliefs and values.
9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
10. I appreciate the natural forces that exist in the universe.

___ Total for Spiritual Assessment

Social Wellness

1. I contribute time and/or money to social and community projects.
2. I am committed to a lifetime of volunteering.
3. I exhibit fairness and justice in dealing with people.
4. I have a network of close friends and/or family.
5. I am interested in others, including those from different backgrounds than my own.
6. I am able to balance my own needs with the needs of others.
7. I am able to communicate with and get along with a wide variety of people.
8. I obey the laws and rules of our society.
9. I am a compassionate person and try to help others when I can.
10. I support and help with family, neighborhood, and work social gatherings.

___ Total for Social Assessment

Physical Wellness

1. I exercise aerobically (vigorous, continuous) for 20 to 30 minutes at least three times per week.
2. I eat fruits, vegetables, and whole grains every day.
3. I avoid tobacco products.
4. I wear a seat belt while riding in and driving a car.
5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
6. I avoid drinking alcoholic beverages or I consume no more than one drink per day.
7. I get an adequate amount of sleep.
8. I have adequate coping mechanisms for dealing with stress.
9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.

___ Total for Physical Assessment

Intellectual Wellness

1. I am interested in learning new things.
2. I try to keep abreast of current affairs – locally, nationally, and internationally.
3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
4. I carefully select movies and television programs.
5. I enjoy creative and stimulating mental activities/games.
6. I am happy with the amount and variety that I read.
7. I make an effort to improve my verbal and written skills.
8. A continuing education program is/will be important to me in my career.
9. I am able to analyze, synthesize, and see more than one side of an issue.
10. I enjoy engaging in intellectual discussions.

___ Total for Intellectual Assessment

Mental Wellness

1. I don't tend to act impulsively without thinking about the consequences.
2. I learn from my mistakes and try to act differently the next time
3. I follow directions or recommended guidelines and act in ways likely to keep myself and others safe.
4. I consider the alternatives before making decisions.
5. I am alert and ready to respond to life's challenges in ways that reflect thought and sound judgment.
6. I don't tend to let my emotions get the better of me and I don't act without thinking.
7. I actively try to learn all I can about products and services before making decisions.
8. I manage my time well, rather than time managing me.
9. My friends and family trust my judgment.
10. I think about my self-talk (the things I tell myself) and examine the real evidence for my perceptions and feelings.

___Total for Mental Assessment

Occupational Wellness

1. I am very happy with my career choice.
2. I look forward to work.
3. My job responsibilities/duties are consistent with my values.
4. The payoffs/advantages in my career field choice are consistent with my values.
5. I am happy with the balance between my work time and leisure time.
6. I am happy with the amount of control I have in my work.
7. My work gives me personal satisfaction and stimulation.
8. I am happy with the professional/personal growth provided by my job.
9. I feel my job allows me to make a difference in the world.
10. My job contributes positively to my overall well-being.

___ Total for Occupational Assessment