Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Seven Dimensions of Wellness**

Hour\_\_\_\_\_\_\_\_\_\_

This is a personal assessment for you to use and only the color wheel at the end will be turned in. It will help make you aware of lifestyle choices you have made in hopes that your will maintain and/or improve your levels(s) of wellness in the future. Read each statement and circle the answer that best describes you. (5 for ALWAYS and 1 for NEVER)

**S-Social** Wellness: the process of creating and maintaining healthy **relationships** through the choices we make.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I have many positive and healthy relationships. | 5 | 4 | 3 | 2 | 1 |
| I resolve conflict in healthy and positive ways. | 5 | 4 | 3 | 2 | 1 |
| I consider the consequences of my behaviors on those around me. | 5 | 4 | 3 | 2 | 1 |
| I try to communicate directly using “I” messages. | 5 | 4 | 3 | 2 | 1 |
| I work to decrease violence at all levels. | 5 | 4 | 3 | 2 | 1 |
| I recognize that I can be part of a group and I don’t always need to be the center of it. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/30** |

**P-Physical** Wellness: the process of making choices to create flexible, cardio-vascular fitness, energetic and strong **bodies**. The choices we make are related to exercise, nutrition, rest and sleep, stress management, management of injury and illness, and the use of drugs.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I exercise aerobically at least three times a week. | 5 | 4 | 3 | 2 | 1 |
| I eat nutritious breakfast every morning. | 5 | 4 | 3 | 2 | 1 |
| I eat foods high in nutrition and low in fat and calories. | 5 | 4 | 3 | 2 | 1 |
| I choose to be tobacco free. | 5 | 4 | 3 | 2 | 1 |
| I choose to be alcohol free. | 5 | 4 | 3 | 2 | 1 |
| I get 7-8 hours of sleep every night. | 5 | 4 | 3 | 2 | 1 |
| I avoid injury and accidents. | 5 | 4 | 3 | 2 | 1 |
| I choose to ride with sober drivers. | 5 | 4 | 3 | 2 | 1 |
| I avoid riding when I can walk. | 5 | 4 | 3 | 2 | 1 |
| I protect myself from sexually transmitted infections. (STI’s) | 5 | 4 | 3 | 2 | 1 |
| I wear my seat belt in my car. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/55** |

**E-Emotional** Wellness: the process of accepting our worth, creating, recognizing, and expressing our **feelings**, and talking to ourselves in healthy ways. Creating and maintaining a positive realistic self-concept is also part of this process.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I have worth. | 5 | 4 | 3 | 2 | 1 |
| I recognize that I have feelings. | 5 | 4 | 3 | 2 | 1 |
| I share my feeling with others. | 5 | 4 | 3 | 2 | 1 |
| I take action to control my stress. | 5 | 4 | 3 | 2 | 1 |
| I can and do express anger in healthy ways. | 5 | 4 | 3 | 2 | 1 |
| I listen to my inner self. | 5 | 4 | 3 | 2 | 1 |
| It is easy for me to laugh at my mistakes. | 5 | 4 | 3 | 2 | 1 |
| I am able to give honest compliments. | 5 | 4 | 3 | 2 | 1 |
| I listen to and accept good advice. | 5 | 4 | 3 | 2 | 1 |
| I seek help if I have a problem. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/50** |

**C-Career** Wellness: the process of making and maintaining choices related to work include working in a **job** for which we are well suited and from which we gain satisfaction. If you are a student attending school, you may consider this your career.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I learn/work in a school/career I enjoy. | 5 | 4 | 3 | 2 | 1 |
| My schoolwork/work is meaningful. | 5 | 4 | 3 | 2 | 1 |
| I work in a healthy and safe environment. | 5 | 4 | 3 | 2 | 1 |
| I receive personal growth with my work. | 5 | 4 | 3 | 2 | 1 |
| I balance work with rest and play in my life. | 5 | 4 | 3 | 2 | 1 |
| My work contributes to the well-being of others. | 5 | 4 | 3 | 2 | 1 |
| I stay current in local and work issues. | 5 | 4 | 3 | 2 | 1 |
| I read often and enjoy it. | 5 | 4 | 3 | 2 | 1 |
| I continue to do the best I can when I work. | 5 | 4 | 3 | 2 | 1 |
| I have a good mental attitude. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/50** |

**I-Intellectual** Wellness: the process of using our **minds** to create a greater understanding and appreciation of the universe and ourselves.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I read material, which makes me think. | 5 | 4 | 3 | 2 | 1 |
| I listen to ideas different than mine. | 5 | 4 | 3 | 2 | 1 |
| I question myself. | 5 | 4 | 3 | 2 | 1 |
| I question biases. | 5 | 4 | 3 | 2 | 1 |
| I read the newspaper or current event on social media. | 5 | 4 | 3 | 2 | 1 |
| I appreciate and participate in fine arts. (music/art) | 5 | 4 | 3 | 2 | 1 |
| I watch TV deliberately not habitually. | 5 | 4 | 3 | 2 | 1 |
| I am computer literate. | 5 | 4 | 3 | 2 | 1 |
| I challenge myself and view learning as a lifelong process. | 5 | 4 | 3 | 2 | 1 |
| I view mistakes as learning points. | 5 | 4 | 3 | 2 | 1 |
| I get along well in school. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/55** |

**E-Environmental** Wellness: the process of making choices which will contribute to sustaining or improving the quality of life in the universe, including air, water, and land quality. **“Going green.”**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I recognize my impact on the environment. | 5 | 4 | 3 | 2 | 1 |
| I choose silent vs. noisy sports often. | 5 | 4 | 3 | 2 | 1 |
| I limit my purchases to what I need vs. what I want. | 5 | 4 | 3 | 2 | 1 |
| I consider the environmental impact my purchases may have. | 5 | 4 | 3 | 2 | 1 |
| I minimize the use of a car when I can bike or walk. | 5 | 4 | 3 | 2 | 1 |
| I realize that there is no “away when I throw things in the garbage. | 5 | 4 | 3 | 2 | 1 |
| I try to recycle newsprint, glass, cans, and plastics. | 5 | 4 | 3 | 2 | 1 |
| I try to reuse products instead of buying and throwing. | 5 | 4 | 3 | 2 | 1 |
| I would prefer to plant a tree than to cut one down. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/45** |

**S-Spiritual** Wellness: the process of discovering meaning and purpose in life and demonstrating **values** through behaviors.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **ALWAYS** |  |  |  | **NEVER** |
| I have a sense of meaning and purpose in life. | 5 | 4 | 3 | 2 | 1 |
| I have a feeling of peace and wholeness. | 5 | 4 | 3 | 2 | 1 |
| I meditate or pray regularly. | 5 | 4 | 3 | 2 | 1 |
| There is consistency between my values and behaviors. | 5 | 4 | 3 | 2 | 1 |
| I am free of self-destructive behaviors. | 5 | 4 | 3 | 2 | 1 |
| I contribute to the well-being of others. | 5 | 4 | 3 | 2 | 1 |
| I accept beauty. | 5 | 4 | 3 | 2 | 1 |
| I accept my mortality | 5 | 4 | 3 | 2 | 1 |
| I value and appreciate life. | 5 | 4 | 3 | 2 | 1 |
| **TOTAL POINTS** |  |  |  |  | **/45** |

**Wellness Assessment Scores:**

|  |  |
| --- | --- |
| Social Wellness | /30 |
| Physical Wellness | /55 |
| Emotional Wellness | /50 |
| Career Wellness | /50 |
| Intellectual Wellness | /55 |
| Environmental Wellness | /45 |
| Spiritual Wellness | /45 |
| **Total** | **/330** |

**Bonus:**

|  |  |
| --- | --- |
| Add 5 points if you know how to perform CPR. | /5 |
| Add 5 points if you had less than 4 cans of pop in the last 7 days. | /5 |
| Add 5 points if you ALWAYS wear a life jacket when you are in a boat. | /5 |
| Add 5 points if you ALWAYS wear a helmet when you bike, rollerblade, or ride a motorcycle. | /5 |
| **Total Bonus** | **/20** |

**TOTAL:**

|  |  |
| --- | --- |
| Wellness Total | /330 |
| Bonus Total | /20 |
| **Total** | **/350** |

***SCORES:***

***350-315 WOW! You are making excellent lifestyle choices!***

***314-280 GREAT! You are doing a good job taking care of your health!***

***279-245 AVERAGE! You can choose to make better choices!***

***244-210 OOOPS! Take charge of your life today and make a few lifestyle changes….for the health of it***