

## WELLNESS ASSESSMENT TOOL

**Instructions and key:** Circle the number below that most applies. 1= less than 25% of the time, 2=25-49% of the time, 3= 50-74% of the time, 4=75 -100 % of the time.

### HEALTH

- 1 2 3 4 1. I exercise for 30 to 60 minutes a day
- 1 2 3 4 2. I eat a nutritious diet (Minimum five servings fresh vegetables and fruit a day ) and avoid chemicals, high fat content, and refined sugar)
- 1 2 3 4 3. I try to keep all my body systems in balance. I take care of my hygiene everyday
- 1 2 3 4 4. I get 6 to 8 hours of undisturbed sleep a night
- 1 2 3 4 5. I do not use caffeine, alcohol, street drugs, or ephedrine.
- 1 2 3 4 6. It is easy for me to remember and to understand what I hear and read (my brain works right)
- 1 2 3 4 7. I am free from infections/illness
- 1 2 3 4 8. My hearing, seeing, feeling (touch), smelling and tasting work right.
- 1 2 3 4 9. I have the energy to do the things I want to do.
- 1 2 3 4 10. I use prescription drugs as prescribed.

HEALTH SCORE \_\_\_\_\_ (Total possible is 40)

### ENVIRONMENT/INTERPERSONAL RELATIONSHIPS

- 1 2 3 4 11 I am satisfied with my performance at work/school
- 1 2 3 4 12 I try to learn something new everyday
- 1 2 3 4 13 I live in pleasant, surroundings
- 1 2 3 4 14 Life skills (survival skills) are easy for me. (This includes personal hygiene, care of residence, financial management and meal preparation.)
- 1 2 3 4 15 I have a positive, satisfying relationship with all members of my family
- 1 2 3 4 16 I am able to negotiate with important others in ways that satisfies all our needs.
- 1 2 3 4 17 I am satisfied with my income and ability to manage finances
- 1 2 3 4 18 I have at least three people who will help me out at anytime
- 1 2 3 4 19 The services I need are easily available to me
- 1 2 3 4 20 I do something nice for at least one person every day

ENVIRONMENT/INTERPERSONAL RELATIONSHIPS SCORE \_\_\_\_\_ (40 possible).

### SPIRITUAL

- 1 2 3 4 21 I pray or meditate daily.

- 1 2 3 4 22 I seek after truth.
- 1 2 3 4 23 I am able to forgive myself and others.
- 1 2 3 4 24 I acknowledge God as I understand Him to be.
- 1 2 3 4 25 I express thanks for each new day.
- 1 2 3 4 26 I spend at least 5 minutes a day reviewing how my faith affects my life
- 1 2 3 4 27 I am able to express and receive love from others.
- 1 2 3 4 28 I spend at least 10 minutes a day reading and/or listening to spiritual material
- 1 2 3 4 29 My spiritual/religious practices are a source of strength to me
- 1 2 3 4 30 I am satisfied with my level of spiritual health

**SPIRITUAL SCORE \_\_\_\_ (Possible 40)**

**ATTITUDES/BEHAVIOR**

- 1 2 3 4 31 I look forward to the new day
- 1 2 3 4 32 I have a successful program I follow to manage my wellness
- 1 2 3 4 33 I can deal effectively with the pain and pleasure in my life
- 1 2 3 4 34 I enjoy life
- 1 2 3 4 35 I feel I make a worthwhile contribution to society
- 1 2 3 4 36 I am able to express my love to others
- 1 2 3 4 37 I accept responsibility for my own behavior
- 1 2 3 4 38 I have a working action plan for success
- 1 2 3 4 39 I allow others to make their own choices
- 1 2 3 4 40 My life is in balance

**ATTITUDES/BEHAVIOR SCORE \_\_\_\_ (Total possible 40)**

**TOTAL SCORE \_\_\_\_\_ (Total possible = 160)**

<b>ITEM TO WORK ON:</b>
<b>PLAN:</b>