Personal Assessment: 8 Dimensions of Wellness

Directions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light gray box to the right of the chart.

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| --- | --- | --- | --- | --- |
| EMOTIONAL: 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. | Rarely, if ever | Sometimes | Most of the time | Always |
| I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.) | 1 | 2 | 3 | 4 |
| I am able to ask for assistance when I need it, either from friends and family, or professionals. | 1 | 2 | 3 | 4 |
| I accept responsibility for my own actions. | 1 | 2 | 3 | 4 |
| I am able to set priorities. | 1 | 2 | 3 | 4 |
| I feel good about myself and believe others like me for who I am. | 1 | 2 | 3 | 4 |
| I am flexible and able to adapt/adjust to life’s changes in a positive way. | 1 | 2 | 3 | 4 |
| I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way. | 1 | 2 | 3 | 4 |
| I maintain a balance of work, friends, family, school and other obligations. | 1 | 2 | 3 | 4 |
| I do not let my emotions get the better of me. I think before I act. | 1 | 2 | 3 | 4 |
| I am mindful of the time I spend on social media/screen usage. I take breaks frequently from my phone and social media. | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| SPIRITUAL: 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. | Rarely, if ever | Sometimes | Most of the time | Always |
| I take time to think about what is important in life – who I am, what I value, where I fit in, where I’m going. | 1 | 2 | 3 | 4 |
| I make time for relaxation during the day. | 1 | 2 | 3 | 4 |
| I have a belief system in place (religious, agnostic, atheist, spiritual, etc.). | 1 | 2 | 3 | 4 |
| My values guide my decisions and actions. | 1 | 2 | 3 | 4 |
| I have a sense of purpose in my life. | 1 | 2 | 3 | 4 |
| I am tolerant and accepting of the view of others. | 1 | 2 | 3 | 4 |
| I utilize resources to improve my well-being. | 1 | 2 | 3 | 4 |
| I am active in communities or causes I care about. | 1 | 2 | 3 | 4 |
| I am able to set, communicate and enforce boundaries. | 1 | 2 | 3 | 4 |
| I work to create balance and peace within my interpersonal relationships, community and the world. | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| PHYSICAL: Making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety. | Rarely, if ever | Sometimes | Most of the time | Always |
| I manage my weight in healthy ways.  | 1 | 2 | 3 | 4 |
| I exercise regularly. | 1 | 2 | 3 | 4 |
| I get 7-9 hours of sleep each night and feel rested in the morning. | 1 | 2 | 3 | 4 |
| I seek advice from health care professionals when I have health concerns. | 1 | 2 | 3 | 4 |
| I avoid harmful use of substances. (over-the-counter, prescription and illicit) | 1 | 2 | 3 | 4 |
| I use alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.) | 1 | 2 | 3 | 4 |
| I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps. | 1 | 2 | 3 | 4 |
| I maintain healthy eating patterns that include a variety of foods. | 1 | 2 | 3 | 4 |
| I stay hydrated and drink water throughout the day. | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| SOCIAL: Building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict. | Rarely, if ever | Sometimes | Most of the time | Always |
| I am satisfied with my social life.  | 1 | 2 | 3 | 4 |
| I am involved in at least one community, group, or organization. | 1 | 2 | 3 | 4 |
| I maintain a network of supportive friends, family and social contacts.  | 1 | 2 | 3 | 4 |
| I have at least one meaningful relationship in my life. | 1 | 2 | 3 | 4 |
| I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.) | 1 | 2 | 3 | 4 |
| I am able to prioritize my own needs by saying “no” to others’ requests for my time. | 1 | 2 | 3 | 4 |
| I have someone I can talk to about my feelings and struggles. | 1 | 2 | 3 | 4 |
| I participate in social activities and enjoy being with people who are different from me | 1 | 2 | 3 | 4 |
| I give and take equally in my relationships | 1 | 2 | 3 | 4 |
| I plan time with my family and friends | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| FINANCIAL: Being cognizant of financial responsibility and the future of my financial capacity while budgeting and saving appropriately. | Rarely, if ever | Sometimes | Most of the time | Always |
| I am able to set and stick to a budget each month so I don’t run out of money | 1 | 2 | 3 | 4 |
| I know my total amount of debt and interest rates.  | 1 | 2 | 3 | 4 |
| I pay my credit cards, tuition/fees, mortgage, car payment and other bills on time. | 1 | 2 | 3 | 4 |
| I have a savings account and save money regularly | 1 | 2 | 3 | 4 |
| I know my credit score | 1 | 2 | 3 | 4 |
| I keep my financial information safe by using secure passwords, PINs and dual authentication | 1 | 2 | 3 | 4 |
| I feel good about my current and future financial situation. | 1 | 2 | 3 | 4 |
| I check my bank statements/accounts each month. | 1 | 2 | 3 | 4 |
| I understand how to build credit and use credit cards wisely | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| OCCUPATIONAL: Getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintain a work-life balance. | Rarely, if ever | Sometimes | Most of the time | Always |
| I am able to balance work, play, school and other aspects of my life. | 1 | 2 | 3 | 4 |
| I take advantage of opportunities to learn new skills that can enhance my future employment opportunities. | 1 | 2 | 3 | 4 |
| I strive to develop good work habits (dependability, initiative, punctuality, etc.) | 1 | 2 | 3 | 4 |
| Enjoyment is a consideration I use when choosing an employment opportunity. | 1 | 2 | 3 | 4 |
| I work effectively with others. | 1 | 2 | 3 | 4 |
| I have confidence in my job search skill (resume writing, interviewing, cover letters, networking, etc.). | 1 | 2 | 3 | 4 |
| I have explored different career options. | 1 | 2 | 3 | 4 |
| I know where to find employment opportunities (job service, online, etc.) | 1 | 2 | 3 | 4 |
| I manage my time effectively | 1 | 2 | 3 | 4 |
| I participate in events that help my community. | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| INTELLECTUAL: Engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others. | Rarely, if ever | Sometimes | Most of the time | Always |
| I seek personal growth by learning new skills. | 1 | 2 | 3 | 4 |
| I search for learning opportunities and stimulating mental activities. | 1 | 2 | 3 | 4 |
| I am open to new ideas. | 1 | 2 | 3 | 4 |
| I learn about different topics that interest me from books, magazines, newspapers and the internet. | 1 | 2 | 3 | 4 |
| I critically consider the opinions and information presented by others and provide constructive feedback. | 1 | 2 | 3 | 4 |
| I seek opportunities to learn practical skills to help others. | 1 | 2 | 3 | 4 |
| I stay informed about social, political and other current issues. | 1 | 2 | 3 | 4 |
| I enjoy brainstorming and sharing knowledge with others in group projects or tasks. | 1 | 2 | 3 | 4 |
| I enjoy learning about subjects other than those I am required to study/in my field of work. | 1 | 2 | 3 | 4 |
| TOTAL |  |

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| --- | --- | --- | --- | --- |
| ENVIRONMENTAL: Recognizing the interactions between yourself and your environment (natural and social), responsibility using available resources, and fostering a safer and healthier environment for others.  | Rarely, if ever | Sometimes | Most of the time | Always |
| I spend time outdoors enjoying nature | 1 | 2 | 3 | 4 |
| I reduce, reuse and recycle products | 1 | 2 | 3 | 4 |
| I try to lessen my environmental impact | 1 | 2 | 3 | 4 |
| I am concerned about impacts on my local, national and world climate. | 1 | 2 | 3 | 4 |
| I walk, bike, use public transportation or carpool when possible | 1 | 2 | 3 | 4 |
| I feel content in my environments (class, home, work, etc.). | 1 | 2 | 3 | 4 |
| I shop locally | 1 | 2 | 3 | 4 |
| TOTAL |  |

Personal Wellness Checklist

Directions: Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

|  |  |  |
| --- | --- | --- |
| **DEMENSION OF WELLNESS** | **MAXIMUM SCORE** | **MY SCORE** |
| Emotional | 40 |  |
| Spiritual | 40 |  |
| Physical | 36 |  |
| Social | 40 |  |
| Financial | 36 |  |
| Occupational | 40 |  |
| Intellectual | 36 |  |
| Environmental | 28 |  |

Which dimensions could you improve on? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which dimensions are going “okay”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which dimensions are you having success in? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*This assessment has been adapted from the New York State Bar Association (NYSBA) and the Princeton UMatter Wellness Self-Assessment