

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-AGNOSTIC

- 1 2 3 4 21 I have a positive attitude toward life and others
- 1 2 3 4 22 I embrace truth
- 1 2 3 4 23 I accept self
- 1 2 3 4 24 I clarify my values
- 1 2 3 4 25 I express gratitude
- 1 2 3 4 26 I believe in friendship with self and others
- 1 2 3 4 27 I have an understanding heart
- 1 2 3 4 28 I learn to develop insight into myself and others
- 1 2 3 4 29 My spiritual/religious practices are a source of peacefulness 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)

ITEM TO WORK ON:

PLAN:

