

# Personal Wellness Assessment

Circle the number that best applies to you for each statement. Then, total up the numbers for each of the 4 columns. Write the sum of all your totals in the white box at the bottom of the page. This number represents your overall score for each health area.

PHYSICAL	Rarely, if ever	Sometimes	Most of the time	Always
I maintain a desirable weight	1	2	3	4
I get 7-8 hours of sleep each night	1	2	3	4
I regularly stretch	1	2	3	4
I use alcohol responsibly	1	2	3	4
I keep track of important health numbers, like cholesterol, blood pressure, blood glucose, etc.	1	2	3	4
I protect my skin from harmful UV rays by wearing sunscreen, hats, and avoiding unprotected sun exposure	1	2	3	4
I eat at least 5 servings of fruits and vegetables every day	1	2	3	4
I drink about 6-8 cups of water daily	1	2	3	4
I engage in at least 150 minutes of moderate-intensity exercise per week, or 75 minutes of vigorous exercise per week, or an equivalent mix, on 2 or more days per week (if cleared by my healthcare provider to do so)	1	2	3	4

CATEGORY TOTAL:

EMOTIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I feel comfortable asking for assistance when I need it (either from friends or family, or from a professional)	1	2	3	4
When I feel stressed, I engage in relaxation and stress management techniques	1	2	3	4
I am able to recognize stressors in my life	1	2	3	4
When I'm upset, I think before I act	1	2	3	4
I feel good about myself and like who I am	1	2	3	4
I adjust to life changes in a positive way	1	2	3	4
I say "no" to requests I don't want to do or don't have time for	1	2	3	4
I make time to do something I love every day	1	2	3	4
Instead of fighting my emotions, I take time to consider my feelings to understand why I'm feeling that way	1	2	3	4
I practice self-compassion and treat myself as I would my friend	1	2	3	4

CATEGORY TOTAL:

SOCIAL	Rarely, if ever	Sometimes	Most of the time	Always
I attend social gatherings often	1	2	3	4
I plan time with my friends and family	1	2	3	4
I enjoy being with people who are different than me	1	2	3	4
I have someone I can talk to about my feelings	1	2	3	4
I feel comfortable respectfully voicing my opinion, even if it's different from my friends' views	1	2	3	4
I go out of my way to speak with someone every day, whether it's in person, over the phone, or through emails/texts	1	2	3	4
I limit the time I spend on social media platforms	1	2	3	4
I'm involved in a local club, sport, or organization	1	2	3	4
I'm supportive when my friends need help	1	2	3	4
I proactively reach out to family and friends when I need support	1	2	3	4

CATEGORY TOTAL:

PERSONAL DEVELOPMENT & CAREER	Rarely, if ever	Sometimes	Most of the time	Always
I balance work and other parts of my life	1	2	3	4
I take advantage of opportunities to learn new things	1	2	3	4
I look for new ways to use my creativity and critical thinking skills	1	2	3	4
I'm open to new ideas	1	2	3	4
I often do things to push myself out of my comfort zone	1	2	3	4
I set goals for myself, either at work or in my personal development	1	2	3	4
I learn about topics that interest me	1	2	3	4
I create plans to achieve my personal goals	1	2	3	4
I know what inspires me and I orient my life around those activities	1	2	3	4
I surround myself with people who support my goals	1	2	3	4

CATEGORY TOTAL:

PHYSICAL ENVIRONMENT	Rarely, if ever	Sometimes	Most of the time	Always
I regularly clean the spaces I spend time in	1	2	3	4
My organization system makes it easy for me to find things when I need them	1	2	3	4
My physical space makes me feel comfortable	1	2	3	4
I feel comfortable inviting friends into my space	1	2	3	4
I avoid being surrounded by clutter	1	2	3	4
I have plants or natural elements in my space	1	2	3	4
My space has photos, art, and objects that make me happy	1	2	3	4
I use designated areas for work, play, and sleep	1	2	3	4
My space provides ample natural light	1	2	3	4
Decluttering and cleaning is part of my everyday routine	1	2	3	4

CATEGORY TOTAL:

# Personal Wellness Scores

Write your scores from each area in the table below to assess where you are now and identify areas you'd like to improve. Scores can be interpreted using the following key:

- **30-40:** You're doing fantastic in this area!
- **20-30:** You've got a great start. To live an even more balanced life, choose 1-2 items from this category to focus on for improvement over the next few weeks.
- **10-20:** This area looks like it's a challenge. Can you focus on making 1-2 of the items from this category a priority for you this month?
- **0-10:** This category may be a real struggle for you. If you're not sure where to start, consider reaching out to a friend, trusted family member, or doctor for support.

Area	Maximum Score	My Score
Physical	36	
Emotional	40	
Social	40	
Professional Development/Career	40	
Physical Environment	40	



Which areas are you doing well in? \_\_\_\_\_

Which areas are "going okay"? \_\_\_\_\_

Which areas need your greatest attention right now? \_\_\_\_\_

This Personal Wellness Assessment is provided for informational and educational purposes only and is not intended to diagnose, cure, mitigate, treat, or prevent any disease or health condition. This Assessment is not intended to provide and should not be used or construed as medical advice. Always consult your physician or other licensed healthcare provider with any questions or concerns about your health and before beginning any new exercise program. Never delay seeking or disregard medical advice because of a self-assessment questionnaire or something you have read on the internet.