

Wellness Self-Assessment

There are 10 dimensions of wellness. Each is a stepping stone on the path to greater health.

There are tools to measure temperature and blood pressure accurately. We need to know when these indicators are rising, falling or staying the same. The Wellness Self-Assessment is a good subjective measurement of your level of wellness.

In order to be strong you must know your weaknesses.

Since change comes in small increments, the rating scale is from a low of 1 to a high of 10. A score of 10 means you have achieved a high level of mastery. The number you assign is an estimate of where you are at this point in time.

Date this assessment and repeat in the future to examine your progress.

This is not a test. It is your assessment of your current awareness and skill level. This is a picture of your present lifestyle.

The evaluation will help you see which elements of your wellness you are strong in and which areas you need improvement. The intention is to assist you in identifying the areas you are ready to improve.

The Action Plan section will provide you with ideas on how to be successful in accomplishing your wellness goals.

The Motivation Levels section will offer insights about your readiness to change.

Emotional

Environmental

Financial

Medical

Mental

Nutritional

Occupational

Physical

Social

Spiritual