



Wellness Focus Assessment

This self-assessment gives you a number that indicates your current balance of mind, body and spirit. It also reveals areas to focus on for greater wellness. Think of this assessment as a springboard to a more balanced you.

Instructions: Consider how accurately each statement describes you at this time in your life and select a score from 1 to 4. Place a circle in the box that best describes you.

1 = Not me at all 2= Sometimes me 3 = Often that's me 4= That's me!

MIND				
Emotions: Respecting your feelings and those of others, effectively managing your emotions, and generally feeling positive about your life				
1. I recognize what's in my control	1	2	3	4
2. I manage stress in a healthy way without overeating, drinking, smoking or other behaviors	1	2	3	4
3. I take time to decompress	1	2	3	4
4. I cope with difficult feelings rather than avoid them	1	2	3	4
5. I try to be aware of how others are feeling	1	2	3	4
TOTAL SCORE:				
Learning: Actively curious to learn, open to an intellectual challenge, and regularly developing skills and knowledge that you share with others				
Total Score:				
1. I seek out activities that challenge my mind	1	2	3	4
2. I am often curious to discover more about new topics, things or people	1	2	3	4
3. I like to share my knowledge as a way of helping	1	2	3	4
4. I value my mistakes for what they can teach me	1	2	3	4
5. When I discover new information, I'm open to changing my mind	1	2	3	4
TOTAL SCORE:				
Work: Performing work that aligns with your values and goals, and deriving satisfaction and enrichment by contributing your gifts to something meaningful				
1. I believe my work makes a meaningful contribution to the world	1	2	3	4
2. I care about the work I do and try to do it as well as I can	1	2	3	4
3. Work is about more than just money for me	1	2	3	4
4. The type of work I do lines up with my values	1	2	3	4
5. Work is an opportunity for me to practice what I'm good at	1	2	3	4
TOTAL SCORE:				
BODY				
Nutrition: Eating a balanced diet rich in fruits, vegetables, and lean proteins in an amount that is right for your body				
1. I make a concentrated effort to eat a balanced diet	1	2	3	4
2. I remember to stay hydrated	1	2	3	4
3. I eat lots of fruits and vegetables	1	2	3	4
4. I avoid prepackaged and fast food takeout	1	2	3	4
5. I eat moderately sized portions of food	1	2	3	4
TOTAL SCORE:				

BODY				
Movement: Incorporating physical activity into your lifestyle, supported by sound sleeping habits				
1. I opt to walk to take the stairs when I can	1	2	3	4
2. I exercise two and half hours or more per week	1	2	3	4
3. I'm open to new types of exercise	1	2	3	4
4. When I sit for hours, I make sure I get up every 30 minutes	1	2	3	4
5. I usually wake in the morning feeling rested	1	2	3	4
TOTAL SCORE:				
SPIRIT				
Purpose: Bringing meaning to your life by aligning your life choices with your beliefs				
1. I feel like I'm part of something larger than myself	1	2	3	4
2. I know what matters most to me	1	2	3	4
3. The things I do line up with what I value most	1	2	3	4
4. I make life choices that are fulfilling	1	2	3	4
5. I look forward to each new day	1	2	3	4
TOTAL SCORE:				
Relationships: Maintaining a strong network of connections with family, friends, and colleagues and effectively navigating conflict				
1. I'm comfortable in my relationships and community	1	2	3	4
2. I spend time with people who bring out the best in me	1	2	3	4
3. I don't take out my frustrations on other people	1	2	3	4
4. I'm not ruled by my need to please	1	2	3	4
5. I avoid isolating myself	1	2	3	4
TOTAL SCORE:				

Your Wellness Quotient Add up all your total scores from above. My wellness quotient is _____

What Your Quotient Means

35-69	There's lots of opportunity for focus and balance
70-104	You know what wellness can be, aim for more of it
105-124	With a few tweaks, balance can be yours
135-140	Your life is in balance. How might you want to further enhance your balance and help someone else find theirs?

Where Will You Focus

Look back at the statement where you scored the lowest. What are the three areas you would choose to focus on for more balance in your life? Place a checkmark in the box below.

Movement	Emotions	Work	Relationships
Nutrition	Learning	Purpose	