

OCCUPATIONAL: This dimension measures the level of personal satisfaction and

My work reflects my personal values.
The work I do accomplishes something important.
I have opportunities to make meaningful contributions at work.
My work offers me challenges I can handle.
I enjoy the work I do.
I feel I have good work-life balance.
TOTAL

INTELLECTUAL: This dimension measures your ability to use creative and stimulating learning, personal growth, and sharing of your unique gifts.

I engage in stimulating or creative activities.
I engage in continual learning opportunities (for example, college courses, certificate programs, and reading).
I treat my own errors as opportunities to grow.
I stay informed about local, national, or world events.
I fully immerse myself in tasks with energized focus and enjoyment.
I engage in downtime or relaxation that lacks specific goals or focus to recharge my brain.
TOTAL

EMOTIONAL: This dimension measures your ability to be aware of and accept your behaviors related to your emotional state.

I love and accept myself as I am.
When I experience positive or negative emotions I can appropriately express how I feel.
To cope with challenges in life, I focus on the most positive aspects of the event or situation (for example, what can I learn from this event or situation; or what positive consequence may result).

I seek help from others when I am experiencing difficulties.

I can adequately manage my emotional response when in an upsetting or challenging situation.
I engage in stress management activities.

TOTAL

SOCIAL: This dimension measures your level of contribution to your environment.

I do things that contribute to a larger cause.

I use my strengths to help others.

I have loving, supportive relationships (family and friends) in my life.

I have a strong sense of belonging with the community which I live.

I protect and conserve natural resources to insure a healthy environment for all organisms.

I help resolve environmental issues in my community.

TOTAL

SPIRITUAL: This dimension measures your level of contribution to your environment.

I feel that my life has a sense of meaning or direction to it.

I have a sense of peace about my life.

I accept events and others as they are and do not make judgments.

I feel a sense of connectedness with creation and all living beings.

Prayer and/or meditation are a regular part of my daily routine.

I live each day in a way that is consistent with my values.

TOTAL

PHYSICAL: This dimension measures an individual's investment in self-care and health.

I engage in at least 150 minutes of physical activity in a week (for example walking, yoga, cycling, swimming, running, etc.)

I consume at least 5 servings of fruits and vegetables in a day (1 serving = 1 medium piece of fruit; ½ cup fresh, frozen, or canned fruit/vegetables; ¾ cup fruit/vegetable juice; 1 cup salad greens; or ¼ cup dried fruit).

I wake up feeling fresh and rested.

I use e-cigarettes or other tobacco products, such as chewing tobacco or smoking cigarettes, pipes, little cigars or cigarillos, water pipes, or hookahs.

I consume 4 or more drinks of alcohol in a 2-hour period.

Poor physical or mental health keeps me from doing my usual activities, such as self-care, work, or recreation.

TOTAL

I growth you derive from work.

Based on your overall satisfaction with each dimension of wellness in your life, rate how much		
HIGH	MEDIUM	LOW

ating activites as a tool to increase your

Based on your overall satisfaction with each dimension of wellness in your life, rate how much		
HIGH	MEDIUM	LOW

our feeling's and your capacity to manage

Based on your overall satisfaction with each dimension of wellness in your life, rate how much		
HIGH	MEDIUM	LOW

it and your community.

Based on your overall satisfaction with each dimension of wellness in your life, rate how much

HIGH MEDIUM LOW

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Based on your overall satisfaction with each dimension of wellness in your life, rate how much

Almost Always Often Sometimes

health-enhacing behaviors.

dimension of wellness in your life, rate how much

HIGH MEDIUM LOW