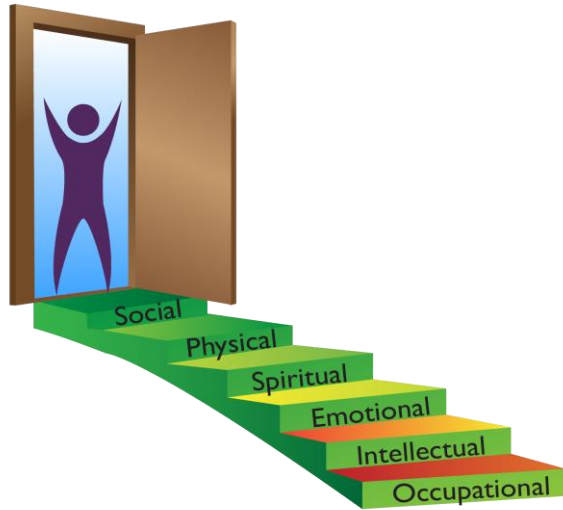


Love to Live Well Wellness Assessment

Name: _____

Today's Date _____



What is Wellness?

Beyond just “not being sick”, wellness is a state of optimal health to which each of us can aim regardless of age, physical limitation, & income level. Wellness is a life balance that can be achieved by making time to eat well, live active, manage stress & feelings effectively, connect with family & friends, focus on what gives meaning & purpose to life, learn something new, & seek personal satisfaction through life’s work while living within one’s means. These “6 dimensions of wellness”, serve as a compass in our pursuit of wellness.

~ Anna Love (Founder, Love to Live Well), 2010

6 Dimensions of Wellness

What does each dimension look like?

Mark each item with either a check mark to indicate that it is a strength of yours or a **circle** to indicate that it is an area where you need improvement. All items should be marked one way or the other.

Physical

- | | | |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> proper use of medical self-care & the medical system | <input type="checkbox"/> personal responsibility to safely build physical strength, flexibility | <input type="checkbox"/> generally feel good most of the time |
| <input type="checkbox"/> ability to care for oneself without assistance | <input type="checkbox"/> ability to move naturally throughout the day without prolonged pain | <input type="checkbox"/> body is in good overall condition |

Emotional

- | | | |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> ability to cope with stress | <input type="checkbox"/> ability to live & work independently but realize the value of seeking others' support & assistance | <input type="checkbox"/> generally enthusiastic about self & life |
| <input type="checkbox"/> awareness & acceptance of one's feelings | <input type="checkbox"/> able to form interdependent relationships (mutual trust, commitment, & respect) | <input type="checkbox"/> ability to realistically assess one's limitations |
| <input type="checkbox"/> ability to identify obstacles to emotional stability | <input type="checkbox"/> ability to understand monitor one's own reactions | <input type="checkbox"/> ability to express & positively manage feelings effectively |

Intellectual

- | | | |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <input type="checkbox"/> ability to identify problems, solve problems, & direct behavior | <input type="checkbox"/> knowledge increased through reading books, newspapers, & magazines as a critical consumer of information | <input type="checkbox"/> plenty of creative, mental stimulation by challenging the mind |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|

Spiritual

- deep appreciation for depth & expanse of life
- capacity for love & forgiveness
- sense of meaning & purpose to life
- living in a way consistent with our values & beliefs while being tolerant to the beliefs of others;
- actions become consistent with values & beliefs to arrive at a “worldview”
- ability to focus on positive aspects of life
- caring for others
- peace & harmony within values

Social

- embraces interdependence between others & nature
- live in harmony with others (not the same as always giving in)
- make willful choices to enhance personal relationships & friendships
- contribution to community & environment to build a better place to live
- awareness of the impact one person can make on many environments (work, home, community, etc.)
- actively seek ways to preserve beauty & balance in nature
- more focused on the greater good

Occupational (Financial)

- personal satisfaction through & attitude about work
- job draws on passion & interests
- recognition & acknowledgement from peers & managers for a job well done
- “choice of profession, job satisfaction, career ambitions, & personal performance” (Hettler, 1979)
- level of happiness, fulfillment, & enrichment gained through life’s work
- feel connection to others at the workplace

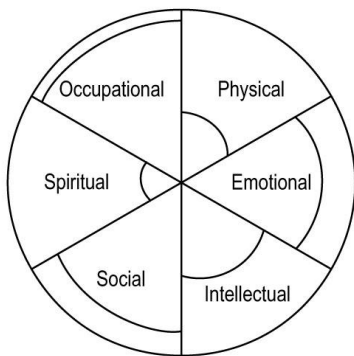
*National Wellness Institute
(www.nationalwellness.org), 2010*

Wellness Self-Check: Where Should I Focus Daily?

Now that you know the 6 dimensions of wellness, review each dimension one at a time & rate that one area of your life on a scale of 1 - 4 with 1 being 1=low level of wellness (completely dissatisfied), 2 = physical or psychological, or emotional symptoms, 3=change & growth, 4=high level of wellness (completely satisfied). For each section, more check marks move you closer toward 4, more circles move you closer toward 1.

Rating	
Physical _____	Social _____
Emotional _____	Spiritual _____
Intellectual _____	Occupational _____

With the center of the wheel being 1 & the outside of the wheel being 4, draw a line across each dimension of the wheel below to represent your rating for the corresponding dimension of wellness. Finally, draw a circle using those lines as the dotted line to follow.



Completed Example



Your Wellness Wheel

How does your wellness wheel look? If uneven, you may be experiencing rocky terrain right now. How big is it? Can you go short distances or long on your current level of wellness? Adding people to your environment (whether co-workers, family members, or roommates) can both complicate &/or improve your satisfaction in life depending on how their wellness wheel is balanced. Empowering wellness in others immediately around you can improve your own wellness.

Next, choose what you believe are your **five most important strengths & five areas of improvement across all dimensions that you need to work on to move toward wellness**. Record them below.

Core Wellness Strengths to Maintain Wellness	Areas of Improvement to Work Toward Wellness
1	1
2	2
3	3
4	4
5	5

What are some ways to improve wellness in each dimension?

Each of us chooses daily which of these actions or behaviors to include in our day. **Circle** where you need improvement

- **Physical** - Maintain overall physical health & engage in appropriate physical activity (e. g., stamina, strength, flexibility, healthy body composition), healthy eating, active lifestyle, you have a medical home with regular checkups, injury prevention, limited use of tobacco/drugs/alcohol, caring for minor illnesses, monitoring your own body's warning signs.
- **Emotional** – Feeling good about how you look & feel can lead to psychological benefits (self-esteem, self-control, determination), have a positive self-concept, build optimism, build trust, build self-esteem & self-acceptance, share feelings with others, deal constructively with your feelings, & develop positive qualities (e. g., self-confidence, determination, persistence, dedication).
- **Intellectual** - Pursue personal interests, master new skills, retain knowledge, think critically about issues, make sound decisions, identify problems & find solutions (e. g., common sense, creativity, curiosity, capacity to question & think critically), maintain sense of humor, build creativity, pursue lifelong learning, remain open to new ideas, keep abreast of current issues & ideas.
- **Spiritual** - Develop a set of beliefs, principles, or values that gives sense of meaning/purpose & belonging to something greater than oneself; develop faith in something beyond oneself (e. g., religious faith, service to others, compassion).
- **Social** - Develop & maintain meaningful relationships with a network of friends & family members, contribute to the community (e. g., friendly, good-natured, compassionate, supportive, good listener, capacity for communication/intimacy, cultivation of a support system of friends & family).
- **Occupational (Financial)** - Protect yourself from occupational hazards, minimize the negative impact of your behavior on the environment (e. g., carpooling, recycling); find enjoyable work that provides reasonable financial security, gain sense of achievement through work, live within your financial means, pursue opportunities for growth, contribute unique gifts, talents, & skills to a job that is meaningful & rewarding, choose a career that is consistent with personal values, interests, & beliefs.

References

- Fahey, T. Insel, P. & Roth, W. (2009). *Fit & Well: Core concepts & labs in physical fitness & wellness*, 8th ed.
Insel, P. & Roth, W. (2010). *Connect Core Concepts in Health*, 11th ed.

Should you want to discuss your Wellness Assessment further individually, please feel free to contact me.

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