

Personal Wellness Quiz

Wellness can be defined as an active process through which people become aware of and make choices for a lifestyle designed to realize one's highest potential for wholeness and well-being. Wellness begins with an awareness of the existence of your individual abilities, accomplishments, limitations, and goals. Wellness helps provide for conscious growth in various areas of your life. Wellness can become a state of mind, or, as in the definition above, **a more successful lifestyle.**

Please circle the number that best represents your response to each Wellness Inventory item.

Scale: 5= almost always 4= sometimes 3= undecided 2= seldom 1= almost never

Emotional

I am able to deal with day-to-day pressures.	1	2	3	4	5
I can resolve issues with family members.	1	2	3	4	5
I can establish friendships easily.	1	2	3	4	5
I am comfortable expressing my feelings with others.	1	2	3	4	5
I am considerate of other people's feelings.	1	2	3	4	5
I take responsibility for my own behaviors.	1	2	3	4	5
I am happy with myself.	1	2	3	4	5

Intellectual

I believe my study habits are adequate.	1	2	3	4	5
I am able to handle the stress of quizzes and tests in school.	1	2	3	4	5
I am able to effectively schedule my time.	1	2	3	4	5
I feel capable of making important decisions.	1	2	3	4	5
I know how to set and reach goals and objectives.	1	2	3	4	5
I understand the value of computer knowledge.	1	2	3	4	5
I have read a non-fiction book (not for class) in the past six months.	1	2	3	4	5

Social					
I am able to successfully confront others when they have done something wrong to me or others.	1	2	3	4	5
I like some time to myself once in a while.	1	2	3	4	5
I feel good at getting along with others.	1	2	3	4	5
I feel secure going places where I may not know anyone.	1	2	3	4	5
I am able to be strong in situations where I need to be.	1	2	3	4	5
I am able to communicate with others effectively.	1	2	3	4	5
Physical					
I am within 5-10 pounds of my ideal body weight.	1	2	3	4	5
I understand the seriousness of eating disorders.	1	2	3	4	5
I exercise regularly (20-30 minutes 3 times per week).	1	2	3	4	5
I know and use ways to handle stress.	1	2	3	4	5
I am knowledgeable about fitness.	1	2	3	4	5
I do not smoke.	1	2	3	4	5
I sleep at least eight hours per night on most nights.	1	2	3	4	5
I do not abuse alcohol or drugs.	1	2	3	4	5
Spiritual					
I am comfortable with others who have different views than mine.	1	2	3	4	5
I take time for spiritual growth and development.	1	2	3	4	5
I have been challenged in my beliefs before.	1	2	3	4	5
I make attempts to expand my awareness of different ethnic, racial, and religious groups.	1	2	3	4	5
I am tolerant of other's views about life issues.	1	2	3	4	5
I am able to set personal limits in relationships with others.	1	2	3	4	5
Occupational/Academic					
I have thought about what I will study in college.	1	2	3	4	5
I have identified career interests, skills, and abilities.	1	2	3	4	5
I understand some of the things I will be required to do to get a job (interview, resume).	1	2	3	4	5
I know about resources available at school to help me.	1	2	3	4	5
I have a good idea about how marriage, family, and career fit together.	1	2	3	4	5

Environmental

I am aware of the limits of the earth's natural resources.	1	2	3	4	5
I conserve energy.	1	2	3	4	5
I recycle trash as much as possible (paper, cans, bottles, etc.).	1	2	3	4	5
I enjoy, appreciate, and spend time outside in natural settings.	1	2	3	4	5
I understand the concept of ecological balance.	1	2	3	4	5
I do not pollute the air, water, or earth if I can avoid doing so.	1	2	3	4	5

Add each column (i.e., five ones = 5, six twos = 12, etc)					
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Now add the columns together. This will be your total score on the Wellness Quiz.	
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Scoring

- *Between 176-225:* You are a very healthy person in all the dimensions and have a well lifestyle.
- *Between 125-175:* You are well in some areas but could use improvement in some of the other areas. You could make some changes to take better care of yourself.
- *Under 125:* You tend to have unhealthy habits and an unhealthy lifestyle. Learn some options to make some lifestyle changes