

8 Dimensions of Wellness Worksheet

Name:

Date:

Instructions: It's time to take a step back and take a look at the 8 Dimensions of Wellness in relation to your life! All you need to do is to rate yourself between 1-4 based on how each item applies to you. After rating yourself, add up the scores for each dimension and indicate them in the Total Score section of this worksheet. After that, there are just three easy questions for you to answer. Now, let's get started!

Physical	Rarely, if ever	Sometimes	Most of the time	Always
1. I maintain a desirable weight.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I engage in vigorous exercises for over 30 minutes a day (i.e. brisk walking, cycling) up to 5 times a week and strengthening exercises 2 or more days a week.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I get 7-8 hours of sleep each night and awake feeling refreshed.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I listen to my body; when there is something wrong, I seek professional advice.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I abstain from drug abuse both over the counter (OTC) and illicit.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I responsibly use alcohol. (i.e. designating sober drivers and avoiding binge drinking).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I know my important health numbers: cholesterol, blood pressure, blood glucose, body weight, etc.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths and sun lamps.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I eat at least 5 servings of fresh fruits and vegetables daily and drink water regularly.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I protect myself from STDs or unwanted pregnancy by either abstaining from sexual behavior or using proper protection such as condoms	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Total: Subtotal:

Emotional	Rarely, if ever	Sometimes	Most of the time	Always
1. I am able to ask for assistance when I need it, from either friends and family, or professionals.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I am able to recognize the stressors in my life and have ways to reduce those stressors.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I accept responsibility for my own actions.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I am able to set priorities.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I try to avoid chronic worry and I am not usually suspicious of others.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I feel good about myself and believe others like me for who I am.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I am flexible and adapt or adjust to life's challenges in a positive way.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, and joy) and manage related behaviors in a healthy way.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I maintain balance of work, family, friends, and other obligations.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I do not let my emotions get the better of me and I think before I act.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Total: Subtotal:

Occupational	Rarely, if ever	Sometimes	Most of the time	Always
1. I balance work with play and other aspects of my life.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I take advantage of opportunities to learn new skills, which will enhance my future employment possibilities.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I know what skills are necessary for the occupations I am interested in.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I strive to develop good work habits. (Examples: punctuality, dependability, and initiative).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. Enjoyment is a consideration I use when choosing a possible career.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Occupational (Continued)	Rarely, if ever	Sometimes	Most of the time	Always
6. I work effectively with others.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I am developing the necessary skills to achieve my career goals.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I have confidence in my job search skills (resume writing, interviewing, etc.).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I have explored different career options.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I know where to find employment if needed. (job service, online resources)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total: <input type="text"/>	Subtotal: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Environmental	Rarely, if ever	Sometimes	Most of the time	Always
1. I am concerned about environmental pollution and actively try to preserve and protect natural resources.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. If I see a safety hazard, I take the steps to fix the problem.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I reduce, reuse, and recycle products.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I live with the awareness of wholeness and the interconnectedness of all living systems.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I use both sides of the paper when taking class notes or doing assignments.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I have adopted water saving habits (i.e. I try not to leave the faucet running too long when I wash dishes, brush my teeth, shave, or bathe).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I participate in campus events that help my community. (Food drives, fundraisers, planting trees, disaster relief, Habitat for Humanity).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I spend time outdoors enjoying nature.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I use ecologically friendly products (i.e. eco-friendly cleaning supplies, organic products, energy efficient appliances), whenever possible.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I walk, bike, use public transportation or carpool.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total: <input type="text"/>	Subtotal: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Social	Rarely, if ever	Sometimes	Most of the time	Always
1. I am involved in at least one university or community group.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I plan time with family and friends.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I enjoy the time I spend with others	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I respect the diversity of others (i.e., race, ethnicity, religion, gender, ability, or sexual orientation).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I give priority to my own needs by saying 'no' to others' requests of me when applicable.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I participate in a wide variety of social activities and enjoy being with people who are different than me.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I have someone I can talk to about my private feelings.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I consider how what I say might be perceived by others before I speak.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I give and take equally in cooperative relationships.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total: <input type="text"/>	Subtotal: <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Spiritual	Rarely, if ever	Sometimes	Most of the time	Always
1. I have a deep appreciation for the depth of life, death and understanding universal human connection or consciousness.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I recognize that there are many spiritual paths and that every spiritual tradition recognizes and teaches basic precepts or laws of wise and conscious human conduct while seeking qualities of altruism, optimism, hope and forgiveness.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

Spiritual (Continued)	Rarely, if ever	Sometimes	Most of the time	Always
3. I integrate my "spiritual practice" within everyday life of work, family and relationships.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I make time for relaxation in my day. I take time alone to think about what's important in life - who I am, what I value, where	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I fit in, and where I'm going.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I have faith in a greater power, be it a God-like force, or something else.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I work for peace in my interpersonal relationships, in my community, and in the world at large	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. My values guide my decisions and actions.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I have a sense of purpose in my life.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I am accepting of the views of others.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total:	<input type="text"/>	Subtotal:	<input type="text"/>	<input type="text"/>

Intellectual	Rarely, if ever	Sometimes	Most of the time	Always
1. I seek personal growth by learning new skills.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I listen to ideas different from my own and constantly re-examine my judgments on social, cultural, age, gender, religion, sexual orientation, race, disability, national origin, ethical, and political issues.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I look for ways to use my creativity and critical thinking skills.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I am open to new ideas.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I keep informed about social, political and/or current issues.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I watch educational programs on television every week, (News, political discussions, documentaries, public TV, or the Discovery channel).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I learn about different topics that interest me from books, magazines, newspapers, and the Internet.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. Before making decisions, I gather facts.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I know about available campus resources in my area of study.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I know how to access academic resources when necessary.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total:	<input type="text"/>	Subtotal:	<input type="text"/>	<input type="text"/>

Financial	Rarely, if ever	Sometimes	Most of the time	Always
1. I always have the money for what I need.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. I review my bank statements when I receive them.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. I pay all of my bills on time.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I balance or reconcile my bank accounts regularly.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. I keep my Social Security Card or Number in a secure place.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I save part of my income every time I receive any money (from work, family, gifts, or refunds of any kind).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I pay my credit card bill off completely every month.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. I check my credit report to look for any errors (TransUnion, Experian, or Equifax).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. I follow a spending plan every month.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. Every time I get a new Debit card I change the PIN (Personal Identification Number).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Total:	<input type="text"/>	Subtotal:	<input type="text"/>	<input type="text"/>

Personal Score Checklist for Each Dimension

Dimension	Maximum Score	Your Score
Physical	40	
Emotional	40	
Occupational	40	
Environmental	40	
Social	40	
Spiritual	40	
Intellectual	40	
Financial	40	

Please answer the following questions and elaborate as best as you can.

Which dimensions of wellness could use some improvement?

Which dimensions are going "okay" for you?

Which dimensions would you say you are having success with?