

## Personal Assessment: 8 Dimensions of Wellness

Directions: Circle the number that applies to you for each statement. Then, total up the numbers in each of the 4 columns. Write the sum in the bottom right box. This number is your score for that dimension (out of 40).

EMOTIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)	1	2	3	4
I am able to ask for assistance when I need it, either from friends and family, or professionals.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I am able to set priorities.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and able to adapt/adjust to life's changes in a positive way.	1	2	3	4
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.	1	2	3	4
I maintain a balance of work, friends, family, school and other obligations.	1	2	3	4
I do not let my emotions get the better of me. I think before I act.	1	2	3	4
I have a healthy relationship with social media.	1	2	3	4
TOTAL				

SPIRITUAL	Rarely, if ever	Sometime s	Most of the time	Always
I take time to think about what is important in life – who I am, what I value, where I fit in, where I'm going.	1	2	3	4
I make time for relaxation during the day.	1	2	3	4
I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).	1	2	3	4
My values guide my decisions and actions.	1	2	3	4
I have a sense of purpose in my life.	1	2	3	4
I am tolerant and accepting of the view of others.	1	2	3	4
I utilize resources to improve my well-being.	1	2	3	4
I am active in communities or causes I care about.	1	2	3	4
I am able to set, communicate and enforce boundaries.	1	2	3	4

I work to create balance and peace within my interpersonal relationships, community and the world.	1	2	3	4
TOTAL				

PHYSICAL	Rarely, if ever	Sometimes	Most of the time	Always
I manage my weight in healthy ways.	1	2	3	4
I exercise regularly.	1	2	3	4
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4
I seek advice from health care professionals if I have a health concern I cannot solve on my own.	1	2	3	4
I do not use or avoid harmful use of drugs (over-the-counter, prescription and illicit).	1	2	3	4
I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)	1	2	3	4
I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.	1	2	3	4
I maintain healthy eating patterns that include fruits and vegetables.	1	2	3	4
I stay hydrated and drink water throughout the day.	1	2	3	4
I protect myself from STIs and unwanted pregnancy by either abstaining from sexual behaviors or using proper protection, such as condoms.	1	2	3	4
TOTAL				

SOCIAL	Rarely, if ever	Sometimes	Most of the time	Always
I am satisfied with my social life.	1	2	3	4
I am involved in at least one university community or group.	1	2	3	4
I maintain a network of supportive friends, family and social contacts.	1	2	3	4
I have at least one meaningful relationship in my life.	1	2	3	4
I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)	1	2	3	4
I am able to prioritize my own needs by saying “no” to others’ requests for my time.	1	2	3	4
I have someone I can talk to about my feelings and struggles.	1	2	3	4

I participate in social activities and enjoy being with people who are different from me.	1	2	3	4
I give and take equally in my relationships.	1	2	3	4
I plan time with my family and friends.	1	2	3	4
TOTAL				

FINANCIAL	Rarely, if ever	Sometimes	Most of the time	Always
I am able to set and stick to a budget each month so I don't run out of money.	1	2	3	4
I know my total amount of debt and interest rates.	1	2	3	4
I pay my credit cards, tuition/fees and other bills on time.	1	2	3	4
I know about the different sources of financial aid that I am eligible for and apply when I am able.	1	2	3	4
I have a savings account and save money regularly.	1	2	3	4
I know my credit score.	1	2	3	4
I keep my financial information safe by using secure passwords, PINs and dual authentication.	1	2	3	4
I feel good about my current and future financial situation.	1	2	3	4
I check my bank statements/accounts each month.	1	2	3	4
I understand how to build credit and use credit cards wisely.	1	2	3	4
TOTAL				

OCCUPATIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I am able to balance work, play, school and other aspects of my life.	1	2	3	4
I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.	1	2	3	4
I know what skills are necessary for the occupations I am interested in.	1	2	3	4
I strive to develop good work habits (dependability, initiative, etc.).	1	2	3	4
I work effectively with others.	1	2	3	4
I have confidence in my job search skill (resume writing, interviewing, cover letters, networking, etc.).	1	2	3	4

I have explored different career options.	1	2	3	4
I know where to find employment opportunities (job service, online, etc.)	1	2	3	4
I manage my time effectively.	1	2	3	4
I have participated in internships or volunteer work.	1	2	3	4
TOTAL				

INTELLECTUAL	Rarely, if ever	Sometimes	Most of the time	Always
I know about available campus resources to help me study.	1	2	3	4
I feel fulfilled in my academic program.	1	2	3	4
I seek personal growth by learning new skills.	1	2	3	4
I look for ways to use my creative and critical thinking skills.	1	2	3	4
I am open to new ideas.	1	2	3	4
I learn about different topics that interest me from books, magazines, newspapers and the internet.	1	2	3	4
I know how to access academic resources when necessary.	1	2	3	4
I am comfortable reaching out to my professor/TA for help or attending office hours.	1	2	3	4
I am eager to learn.	1	2	3	4
I stay informed about social, political and other current issues.	1	2	3	4
TOTAL				

ENVIRONMENTAL	Rarely, if ever	Sometimes	Most of the time	Always
I spend time outdoors enjoying nature.	1	2	3	4
I reduce, reuse and recycle products.	1	2	3	4
I try to lessen my environmental impact.	1	2	3	4
I walk, bike, use public transportation or carpool when possible.	1	2	3	4
I am concerned about impacts on my local, national and world climate.	1	2	3	4
I have a space to call my own.	1	2	3	4
I feel comfortable in the space I occupy.	1	2	3	4

I feel content in my environments (class, home, work, etc.).	1	2	3	4
I shop locally.	1	2	3	4
I participate in campus events that help my community (food drives, fundraisers, etc.).	1	2	3	4
TOTAL				

## Personal Wellness Checklist

Directions: Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE	Percent
Emotional		40	
Spiritual		40	
Physical		40	
Social		40	
Financial		40	
Occupational		40	
Intellectual		40	
Environmental		40	

\*This assessment has been adapted from the New York State Bar Association (NYSBA)