

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 the 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 my personal finances satisfactorily. | 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. | 1 | 2 | 3 | 4 | 5 |
| I like some private time on occasion. | 1 | 2 | 3 | 4 | 5 |
| I feel skillful in human relations. | 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 assert myself when necessary. | 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 |
| Physical continued... | | | | | |

| | | | | | |
|--|---|---|---|---|---|
| I know and use ways to handle stress. | 1 | 2 | 3 | 4 | 5 |
| I am knowledgeable about birth control. | 1 | 2 | 3 | 4 | 5 |
| I do not smoke. | 1 | 2 | 3 | 4 | 5 |
| I sleep at least six hours per night on most nights. | 1 | 2 | 3 | 4 | 5 |
| I do not abuse alcohol or binge drink. | 1 | 2 | 3 | 4 | 5 |

Spiritual

| | | | | | |
|---|---|---|---|---|---|
| I am comfortable with others who have a different sexual orientation 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 an intimate relationship. | 1 | 2 | 3 | 4 | 5 |

Occupational

| | | | | | |
|---|---|---|---|---|---|
| I have decided on my academic areas of study. | 1 | 2 | 3 | 4 | 5 |
| I have identified career interests, skills, abilities. | 1 | 2 | 3 | 4 | 5 |
| I understand job search skills (resume writing, interviewing, etc.). | 1 | 2 | 3 | 4 | 5 |
| I know about available campus resources in my area of study. | 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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|--|--|--|--|--|
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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.

Wellness Quiz, Plymouth State University