

Wellness Inventory



Wellness is a conscious, deliberate process that requires being aware of and making **choices** for a more satisfying **lifestyle**.

This inventory gives you a way of thinking about what you are doing, and how you are feeling. This inventory outlines wellness strategies you may use. When you read each item, think about the things you are doing now for your personal wellness. Answer each item in a way that best captures how often the statement is true for you. As you rate each item, you will use the following scale. There are no right or wrong answers. The inventory can be used to build new wellness habits and routines.

- 4 Always True** for me
- 3 Sometimes True** for me
- 2 Rarely True** for me
- 1 Never True** for me

Now I am going to ask you about Physical Wellness. This involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise, and obtaining appropriate health care.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I do physical activity (dancing, walking, yoga, gardening, etc.) for 20 to 30 minutes at least three times per week.

___ I eat fresh fruits, vegetables, or whole grains daily.

___ I avoid tobacco and nicotine products, including cigarettes, cigars, e-cigarettes, chewing tobacco.

___ I do not use illegal substances, such as drugs that were not prescribed for me.

___ I do not drink alcohol.

___ I do not drink high energy drinks, such as Red Bull.

___ I choose water rather than drinking sugary beverages (juices, powder mix, soda, etc.).

___ I get an adequate amount of sleep (7-9 hours/night).

___ I keep up with my annual physical.

___ I maintain a reasonable weight for my age and height.

___ I brush my teeth daily.

___ I do things /activities that help me to feel calm and relaxed.

___ I limit the amount of processed food that I eat.

___ I am active daily in ways that improve my strength, flexibility or balance.

___ **Total Score** (out of a possible **56**)

Now I am going to ask you about Intellectual Wellness.

This involves lifelong learning, applying what you learned, and sharing what you have learned.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I try to keep on top of current affairs/events.

___ I listen to lectures, plays, musical performances.

___ I do stimulating mental activities/games (puzzles, word searches, etc.).

___ I read every day (the newspaper, internet, magazines, or books).

___ I do something at least once a week to improve my skills.

___ I try to see more than one side of an issue, especially for things that are controversial.

___ I engage in intellectual discussions.

___ I look up things that I don't know and/or ask questions to learn from others.

___ I do things to stimulate my thinking and increase my learning.

___ I seek new information that can help me in my recovery.

___ I research things I hear in conversation or through public media.

___ **Total Score** (out of a possible **44**)

Now I am going to ask you about Environmental Wellness.

This involves being and feeling physically safe, in safe and clean surroundings, and being able to access clean air, food, and water. Including where you live, like your neighborhood, community or work place as well as your country and planet.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I regularly clean my living environment.

___ I make use of sunlight, fresh air, and/or live plants.

___ I discard garbage regularly, clean spoiled foods out of the refrigerator.

___ I keep my work/home space clean and /or organized.

___ I conserve energy (fuel, electricity, water, etc.).

___ I recycle (glass, paper, plastic, clothing, furniture, etc.).

___ I do not litter.

___ I set aside time to enjoy nature.

___ I set aside time to reflect quietly.

___ I participate in community garden activities, cleaning events and other activities such as neighborhood watches.

___ **Total Score** (out of a possible **40**)

Now I am going to ask you about Spiritual Wellness. This involves having meaning and purpose and a sense of balance and peace.

Rate each item using this scale:

- 4 If the item is **Always True** for you
- 3 If the item is **Sometimes True** for you
- 2 If the item is **Rarely True** for you
- 1 If the item is **Never True** for you

- ___ I can name my own personal values and beliefs about life.
- ___ When I get depressed or frustrated, I draw on my beliefs and values to give me direction.
- ___ I reflect quietly each day.
- ___ Life is meaningful for me, and I feel a purpose in life.
- ___ I try to learn about others' beliefs and values, especially those that are different from my own.
- ___ I feel positive about life.
- ___ I feel gratitude for the good things in my life.
- ___ I read or listen to inspiring messages.
- ___ I participate in spiritual activities with others—either in an informal social setting or with a formal group.
- ___ I have role models who serve as guides for me.

___ **Total Score** (out of a possible 40)

Now I am going to ask you about Emotional Wellness. This involves the ability and skills to express feelings, enjoy life, adjust to emotional challenges, cope with stress, and recover from traumatic life experiences.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

- ___ I accept responsibility for my actions.
- ___ I see challenges as opportunities for growth.
- ___ I believe that I have considerable control over my life.
- ___ I feel good about myself.
- ___ I am able to effectively cope with stress and tension.
- ___ I make time for hobbies or leisure pursuits.
- ___ I am able to recognize my personal shortcomings and learn from my mistakes.
- ___ I am able to recognize and express my feelings.
- ___ I express gratitude daily for the gifts I have.
- ___ I am able to forgive people who distress me.
- ___ I view myself as a strong person.
- ___ I do things to increase my emotional wellness, such as listening to music, walking, meditation, etc.

___ **Total Score** (out of a possible **48**)

Now, I am going to ask you about Financial Wellness. This involves the ability to have enough money to meet practical needs, and a sense of control over and knowledge about personal finances.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I have a good handle on my financial situation.

___ I have money to meet my current expenses.

___ I can comfortably manage within my budget.

___ I balance my bank account.

___ I have funds or available credit (\$100-\$1000) to deal with moderate unexpected life expenses.

___ I check my credit reports at least once a year.

___ My savings are on track with my life goals

___ I do not worry about money.

___ I resist impulse spending when my funds are limited.

___ I make educated spending decisions by comparison shopping and researching products before purchasing.

___ **Total Score** (out of a possible **40**)

Now I am going to ask you about Social Wellness. This involves having relationships with friends, family, and the community, and having an interest in and concern for the needs of others.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I have a network of supporters.

___ I contribute time to community projects.

___ I spend time with people I like.

___ I balance my own needs with the needs of others.

___ I try to help others when I can.

___ I have a sense of belonging within my community.

___ I can give and receive compliments graciously.

___ I communicate with a wide variety of people.

___ I am interested in others, including those with backgrounds that are different from my own.

___ I have people in my life who can provide practical help when I need it.

___ I am able to draw on supporters for emotional support.

___ I stay in touch with people by using the phone, texting, email, or through other virtual connections.

___ **Total Score** (out of a possible **48**)

Now I am going to ask you about Occupational Wellness.

This involves participating in activities that provide meaning and purpose, including employment.

Choose the list that is the best match for you. *Use this list if you are **Currently Employed**.*

If you are not currently employed, complete page 9 or 10 instead.

Rate each item using this scale:

- 4** If the item is **Always True** for you
- 3** If the item is **Sometimes True** for you
- 2** If the item is **Rarely True** for you
- 1** If the item is **Never True** for you

___ I am happy with my career choice.

___ I am productive on most days at work.

___ I look forward to the work day.

___ I am happy with the balance between my work time and my leisure time.

___ I am happy with the amount of control I have in my work.

___ My work gives me personal satisfaction and stimulation.

___ I am happy with the professional and personal growth that is provided by my job.

___ My job allows me to make good use of my talents.

___ I enjoy the people I work with.

___ I am valued at my job for what I do.

___ **Total Score** (out of a possible **40**)

Use this list if you are **Looking for Work** (you plan to enter or return to the workforce).

Rate each item using this scale:

- 4 If the item is **Always True** for you
- 3 If the item is **Sometimes True** for you
- 2 If the item is **Rarely True** for you
- 1 If the item is **Never True** for you

___ I am actively pursuing work.

___ I have considered my options regarding career change, getting additional education, self-employment, etc.

___ I am pursuing an organized job search, keeping good records, and doing something towards my job search every day.

___ I use online resources to look for work, update skills, and network with others regarding my job search.

___ I assertively market myself through personal networking.

___ I confidently describe my skills and strengths as a worker.

___ I have reached out to former colleagues, teachers, and other resources associated with my field and professional group.

___ I use general community resources for people seeking work.

___ I use a Supported Employment job coach to help me in my job search.

___ I am hopeful in my job search.

___ **Total Score** (out of a possible **40**)

Use this list if you are **Not Working** due to retirement, being a full-time student, family caregiving responsibilities, legal reasons, or disabilities—whether by forced choice or free personal choice.

Rate each item using this scale:

- 4 If the item is **Always True** for you
- 3 If the item is **Sometimes True** for you
- 2 If the item is **Rarely True** for you
- 1 If the item is **Never True** for you

___ I am happy with how I spend my time.

___ I have plans for things that I want to do.

___ I do things with other people often enough so that I don't feel isolated.

___ I use my time in a way that gives me meaning and purpose.

___ I make good use of my strengths and experiences in the things I am doing each day.

___ My daily activities are consistent with my values and interests.

___ I control how I spend my time.

___ I volunteer in the community, or have considered volunteering.

___ I look forward to my daily and weekly activities.

___ The people I spend time with enjoy spending time with me.

___ **Total Score** (out of a possible 40)

Wellness in 8 Dimensions - Score Sheet

Instructions: Copy in your total score from each dimension & add to get your overall total.

	Your Score	Max Score
Physical		56
Intellectual		44
Environmental		40
Spiritual		40
Emotional		48
Financial		40
Social		48
Occupational*		40
Total		356

*Choose only one of the 3 occupational worksheets