

Wellness inventory

Why Evaluate Your Wellness?

Taking time to evaluate your overall wellness helps you understand where you're thriving and where you may need more care or attention. By reflecting on different aspects of your well-being—physical, social, emotional, and mental—you can take intentional steps toward a more balanced, healthy, and fulfilling life

Instructions:

For each statement below, write the number that best represents how true it feels for you right now

- 1 = Rarely, if ever
- 2 = Sometimes
- 3 = Most of the time
- 4 = Always

Emotional

I am able to ask for help when I need it, either from friends, family or teachers _____

I feel good about myself and believe others like me for who I am _____

I am flexible and able to adapt/adjust to life's changes in a positive way _____

I maintain a balance of work, friends, family, and school obligations _____

I have a healthy relationship with social media _____

Total: _____

Spiritual

I make time for relaxation during the day _____

My values guide my decisions and actions _____

I am tolerant and accepting of the view of others _____

I am active in communities or causes I care about _____

I am able to set, communicate and enforce boundaries _____

Total: _____



Physical

I manage my weight in healthy ways _____

I exercise regularly _____

I get 7-9 hours of sleep each night and feel rested in the morning _____

I maintain healthy eating patterns that include fruits and vegetables _____

I am able to set, communicate and enforce boundaries _____

Total: _____

Intellectual

I am receptive to new ideas, perspectives, and challenges to my beliefs _____

I participate in activities that challenge my mind, like puzzles, writing, or artistic pursuits _____

I read, take classes, or try to learn new skills regularly _____

I stay informed about what's happening in the world, and reflect on how it connects to my values and decisions _____

I analyze situations thoughtfully, think independently, and make well-informed decisions _____

Total: _____

Environmental

I spend time outdoors enjoying nature _____

I reduce, reuse, and recycle products _____

I feel comfortable in the space I occupy (class, home, work, ect) _____

I walk, bike, use public transportation, or carpool when possible _____

I have a space to call my own _____

Total: _____

Social

I have at least one meaningful relationship in my life _____

I am accepting of diversity of others (race, ethnicity, religion, gender, ability, sexual orientations, ect.) _____

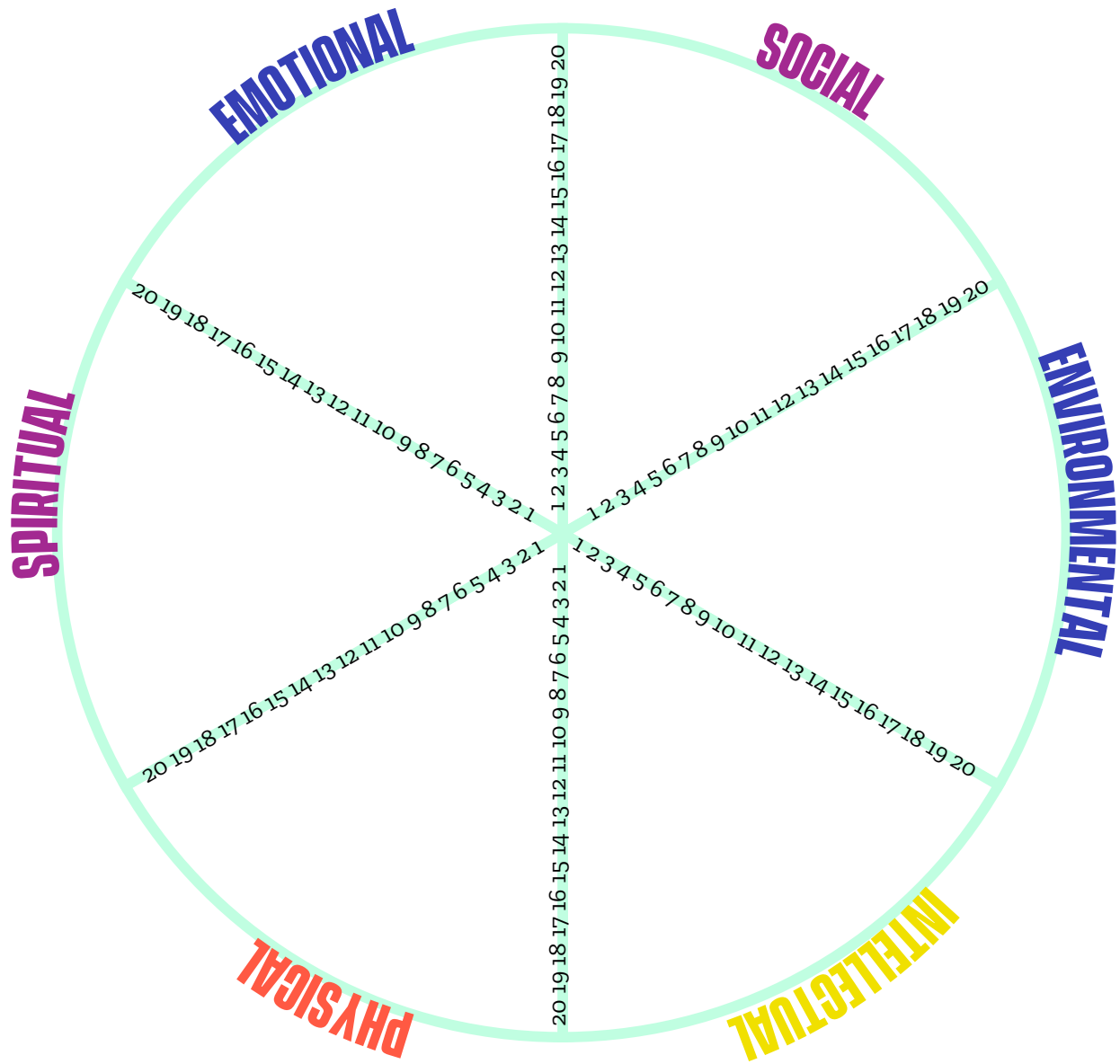
I am able to prioritize my own needs by saying "no" to others' requests for my time _____

I have someone I can talk to about my feelings and struggles _____

I give and take equally in my relationships _____

Total: _____

Chart your results by shading in each section with your total from each category



Reflection questions:

Which area needs the most attention right now?

What's one small action I can take this week to support that area?

