



The 8 Dimensions of Wellness Self-Assessment

Before completing the self-assessment located on the following page, make sure you've watched this introductory video to the 8 Dimensions of Wellness:

[Watch Video](#)

Instructions:

On the next page are all 8 dimensions, each with 5 statements listed beneath them. Going one dimension at a time, evaluate each statement and circle "1" (Yes) if it reflects how you think/feel/act, or "0" (No) if it does not reflect how you think/feel/act. There are no wrong answers, just answer honestly.

Every "Yes" is 1 point, while every "No" is 0 points. In each of the dimensions, the total scores can range from 0-5. Add up your points after each block and place this value next to "Total". Continue this process with all 8 dimensions. Once you've completed this, be sure to calculate your "Overall Wellness Score" (directions are available on page 3).

When you've finished, go on to the next page to evaluate what your scores mean. Here, you'll be able to see what dimensions of wellness you need to work on. Resources are available on the last page to help you find ways to improve your wellness scores.

Start!



Physical Wellness	Yes	No
I have good personal hygiene	1	0
I eat a nutritious diet with plenty of fruits and vegetables	1	0
I do 30 minutes of cardio, 3-5 times a week	1	0
I get regular dental and physical checkups	1	0
I get 7-8 hours of sleep each night	1	0

Total:

Emotional Wellness	Yes	No
I practice and feel gratitude every day	1	0
I have love for myself and enjoy my own company	1	0
I am an optimist; I see the glass as half-full	1	0
I meditate or do yoga once a week	1	0
I focus on the present and the future, rather than the past	1	0

Total:

Spiritual Wellness	Yes	No
I have my own personal values and beliefs	1	0
I take time for myself to reflect on my life and practice mindfulness	1	0
My spirituality gives me hope to overcome difficult times	1	0
My spirituality helps me feel grateful for things and opportunities	1	0
I seek out meaning in my life	1	0

Total:

Social Wellness	Yes	No
When I feel down, I reach out to others for support	1	0
I feel comfortable meeting new people	1	0
I surround myself with positive people	1	0
I balance my own needs with the needs of others	1	0
I have a sense of belonging in my community	1	0

Total:

Occupational Wellness	Yes	No
I want my future career to contribute to society	1	0
I feel that my current studies will be helpful to my future career	1	0
I feel good about myself when I finish a project	1	0
I understand the importance of good relationships with my peers	1	0
I value constructive criticism	1	0

Total:

Intellectual Wellness	Yes	No
I enjoy reading and try to read something every day	1	0
I am confident that I can learn new skills	1	0
I am interested in learning new things and value lifelong learning	1	0
I am able to manage my academic workload	1	0
I engage in intellectually challenging activities (logic games, etc.)	1	0

Total:

Environmental Wellness	Yes	No
I keep my room picked up and my belongings organized	1	0
I take time to appreciate nature and my surroundings	1	0
I recycle products that are able to be recycled	1	0
I engage in environmentally friendly behaviors; turning off lights/faucets	1	0
I have access to fresh food, drinking water, and nature	1	0

Total:

Financial Wellness	Yes	No
I think it is important for people to spend less than they earn	1	0
I feel it is important to give to worthy causes	1	0
I believe money is earned	1	0
I always save some of my earnings	1	0
I think it is important to learn how to be financially responsible	1	0

Total:

What do my scores mean?

Once you've completed the previous page, now it's time to understand what your "total" for each dimension means. The result of your score will help determine which dimension of wellness you need to work on. Use the following as a guide for interpreting your totals.

A total of 0-1...

Needs some work!

A total of 0-1 in a dimension means it has lots of room for improvement! Think about things you can do to improve this dimension of wellness. For example, if someone had a low physical wellness score and answered "no" to "I get 7-8 hours of sleep each night", they can try going to bed earlier.

A total of 2-3...

Doing pretty well!

A total of 2-3 in a dimension means you're doing well overall. However, there are still steps that can be taken to improve in this dimension. Strive to check off 1-2 more items in the self-assessment for this wellness dimension.

A total of 4-5...

Great work!

A total of 4-5 in a dimension means you're doing awesome! Keep up the fantastic work, and continue looking for ways to incorporate the 8 dimensions of wellness into your daily life.

To calculate your overall wellness score, add together all of your "totals" from each dimension. Then, divide that number by 8. This is your overall wellness score.

Overall Wellness Score:

Resources for Improving Wellness in the 8 Dimensions:



Physical Wellness:

- <https://www.unitedway.org/blog/five-steps-to-improved-physical-health>
- <https://www.nih.gov/health-information/physical-wellness-toolkit>



Emotional Wellness:

- <https://www.nih.gov/health-information/emotional-wellness-toolkit>
- <https://www.healthyplace.com/self-help/self-help-information/10-tips-improve-your-emotional-wellness>



Spiritual Wellness:

- <https://news.illinoisstate.edu/2014/02/7-ways-improve-spiritual-wellness/>
- <http://operationmeditation.com/discover/how-do-you-increase-your-spiritual-wellness/>



Social Wellness:

- <https://www.nih.gov/health-information/social-wellness-toolkit>
- <https://www.optimumperformanceinstitute.com/life-coaching/7-ways-to-successfully-cultivate-social-wellness-for-life/>



Occupational Wellness:

- <https://spokane.wsu.edu/wellness/occupational-wellness/>
- <https://www.unh.edu/health/well/occupational-wellness>



Intellectual Wellness:

- <https://news.illinoisstate.edu/2014/03/seven-simple-steps-increase-intellectual-wellness/>
- <https://www.utoledo.edu/offices/rocketwellness/docs/Tips%20on%20Improving%20Intellectual%20Wellness.pdf>



Environmental Wellness:

- <https://news.illinoisstate.edu/2014/10/tips-improve-environmental-wellness/>
- <https://www.nih.gov/health-information/environmental-wellness-toolkit>



Financial Wellness:

- <https://www.mprnews.org/story/2014/08/11/daily-circuit-teens-financial-literacy>
- <https://www.jacolorado.org/7-financial-literacy-tips-for-teenagers/>