



Finding Balance: Self-Assessment

Wellness is not the absence of illness or distress – it is striving for positive physical, mental, and social well-being. Healthy living is a lifelong process of making decisions that support a more balanced life to maximize your potential. The healthier you are, the better you will perform. There are always ways to enhance your wellness, and it starts with self-reflection.

SELF-ASSESSMENT READINESS

Taking time to do a self-assessment can help you determine where you are so you can shape your goals around where you would like to go.

Rate your answers on a scale of 1-10.

1=Not Committed, 5=Somewhat Committed and 10=Very Committed

How **ready** are you to make a change towards your health and well-being?

1 2 3 4 5 6 7 8 9 10

How **committed** are you to make a change towards your health and well-being?

1 2 3 4 5 6 7 8 9 10

SELF-ASSESSMENT

Circle your answers below on a scale of 1-10.

Self-Assessment Statement	1=Never	5=Sometimes	10=Always							
I complete 150 minutes of physical activity per week.	1	2	3	4	5	6	7	8	9	10
I get 6-8 hours of sleep each night.	1	2	3	4	5	6	7	8	9	10
I eat a balanced and nourishing diet.	1	2	3	4	5	6	7	8	9	10
I am mindful of what I eat.	1	2	3	4	5	6	7	8	9	10

I maintain a balance between work, family, and self-care.	1	2	3	4	5	6	7	8	9	10
I find time to relax.	1	2	3	4	5	6	7	8	9	10
I practice positive self-talk.	1	2	3	4	5	6	7	8	9	10
I express my emotions in positive and constructive ways.	1	2	3	4	5	6	7	8	9	10
I feel part of a community where I belong.	1	2	3	4	5	6	7	8	9	10
I volunteer or offer my time to a worthy cause.	1	2	3	4	5	6	7	8	9	10

What do your answers mean?

Always/Often	<ul style="list-style-type: none"> You are showing positive steps in the dimensions of wellness. You have a focus on your own well-being. You are setting a good example.
Sometimes	<ul style="list-style-type: none"> You are demonstrating good behavior in this area but there is still room for improvement. Review the areas that you scored lower. What changes might you make to improve your score? Small changes in behavior can help you achieve better health and well-being.
Rarely/Never	<ul style="list-style-type: none"> There are some health and wellness risks based upon your answers. Review the areas where you scored lower in order to help you develop and set achievable goals in these areas.

In what areas are you succeeding in the self-assessment above?

What areas for improvement do you notice in the self-assessment above?
