



PERSONAL ASSESSMENT: 8 DIMENSIONS OF WELLNESS

Wellness is not merely the absence of illness or distress – it is a lifelong process of making decisions to live a more balanced and meaningful life. There are always opportunities to enhance your wellbeing; and a good place to start is by evaluating your current state. **This self-assessment tool* will help you evaluate your overall state of wellness using 8 dimensions: emotional; spiritual; physical; social; financial; occupational; intellectual; and environmental.**

It can help you identify areas of wellness where you are thriving, as well as those that may need some attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

Instructions: Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light grey box to the right of the chart. This number is your score for that dimension (out of 40).

*This assessment has been adapted from the University of Colorado, Boulder. It has not been scientifically validated and is intended to be used for personal reflection only.

EMOTIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)	1	2	3	4
I am able to ask for assistance when I need it, either from friends and family, or professionals.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I am able to set priorities.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and able to adapt to life's changes in a positive way.	1	2	3	4
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviours in a healthy way.	1	2	3	4
I maintain a balance of work, friends, family, and other obligations.	1	2	3	4
I do not let my emotions get the better of me. I think before I act.	1	2	3	4
I have a healthy relationship with social media.	1	2	3	4
TOTAL =				



SPIRITUAL	Rarely, if ever	Sometimes	Most of the time	Always
I take time to think about what is important in life – who I am, what I value, where I fit in, where I'm going.	1	2	3	4
I make time for relaxation during the day.	1	2	3	4
I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).	1	2	3	4
My values guide my decisions and actions.	1	2	3	4
I have a sense of purpose in my life.	1	2	3	4
I am tolerant and accepting of the view of others.	1	2	3	4
I utilise resources to improve my wellbeing.	1	2	3	4
I am active in communities or causes I care about.	1	2	3	4
I am able to set, communicate and enforce boundaries.	1	2	3	4
I work to create balance and peace within my interpersonal relationships, community and the world.	1	2	3	4
TOTAL =				

PHYSICAL	Rarely, if ever	Sometimes	Most of the time	Always
I manage my weight in healthy ways.	1	2	3	4
I exercise regularly.	1	2	3	4
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4
I seek advice from health care professionals if I have a health concern I cannot solve on my own.	1	2	3	4
I do not use or I avoid harmful use of drugs (over-the-counter, prescription and illicit).	1	2	3	4
I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)	1	2	3	4
I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.	1	2	3	4
I maintain healthy eating patterns that include fruits and vegetables.	1	2	3	4
I stay hydrated and drink water throughout the day.	1	2	3	4
I protect myself from STIs and unwanted pregnancy by either abstaining from sexual behaviors or using proper protection, such as condoms.	1	2	3	4
TOTAL =				



SOCIAL	Rarely, if ever	Sometimes	Most of the time	Always
I am satisfied with my social life.	1	2	3	4
I am involved in at least one community or interest group.	1	2	3	4
I maintain a network of supportive friends, family and social contacts.	1	2	3	4
I have at least one meaningful relationship in my life.	1	2	3	4
I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)	1	2	3	4
I am able to prioritise my own needs by saying "no" to others' requests for my time.	1	2	3	4
I have someone I can talk to about my feelings and struggles.	1	2	3	4
I participate in social activities and enjoy being with people who are different from me.	1	2	3	4
I give and take equally in my relationships.	1	2	3	4
I plan time with my family and friends.	1	2	3	4
TOTAL =				

FINANCIAL	Rarely, if ever	Sometimes	Most of the time	Always
I am able to set and stick to a budget each month so I don't run out of money.	1	2	3	4
I know my total amount of debt and interest rates.	1	2	3	4
I pay my credit cards and other bills on time.	1	2	3	4
I know how to access professional support and advice on financial matters.	1	2	3	4
I have a savings account and save money regularly.	1	2	3	4
I know my credit score.	1	2	3	4
I keep my financial information safe by using secure passwords, PINs and dual authentication.	1	2	3	4
I feel good about my current and future financial situation.	1	2	3	4
I check my bank statements/accounts each month.	1	2	3	4
I understand how to build credit and use credit cards wisely.	1	2	3	4
TOTAL =				



OCCUPATIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I am able to balance work and other aspects of my life.	1	2	3	4
I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.	1	2	3	4
I know what skills are necessary for my career development.	1	2	3	4
I strive to develop good work habits (dependability, initiative, etc.).	1	2	3	4
I work effectively with others.	1	2	3	4
I have confidence in my own abilities	1	2	3	4
I have explored different career options.	1	2	3	4
I know where to find career development opportunities	1	2	3	4
I manage my time effectively.	1	2	3	4
I participate in special interest groups or projects outside of my individual skill set	1	2	3	4
TOTAL =				

INTELLECTUAL	Rarely, if ever	Sometimes	Most of the time	Always
I look for ways to use my critical thinking skills	1	2	3	4
I feel mentally stimulated by what I do every day	1	2	3	4
I seek personal growth by learning new skills.	1	2	3	4
I look for ways to use my creativity at work or outside of work.	1	2	3	4
I am open to new ideas.	1	2	3	4
I learn about different topics that interest me from books, magazines, newspapers and the internet.	1	2	3	4
I know how to access academic resources when necessary.	1	2	3	4
I am comfortable reaching out to my supervisor/manager/mentor for help	1	2	3	4
I am eager to learn.	1	2	3	4
I stay informed about social, political and other current issues.	1	2	3	4
TOTAL =				



ENVIRONMENTAL	Rarely, if ever	Sometimes	Most of the time	Always
I spend time outdoors enjoying nature.	1	2	3	4
I reduce, reuse and recycle products.	1	2	3	4
I try to lessen my environmental impact.	1	2	3	4
I walk, bike, use public transportation or carpool when possible.	1	2	3	4
I am concerned about impacts on my local, national and world climate.	1	2	3	4
I have a space to call my own.	1	2	3	4
I feel comfortable in the space I occupy.	1	2	3	4
I feel content in my environments (home, work, social, etc.).	1	2	3	4
I shop locally.	1	2	3	4
I participate in events that help my community (food drives, fundraisers, etc.).	1	2	3	4
TOTAL =				

PERSONAL WELLNESS CHECKLIST

Directions: Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE
EMOTIONAL		40
SPIRITUAL		40
PHYSICAL		40
SOCIAL		40
FINANCIAL		40
OCCUPATIONAL		40
INTELLECTUAL		40
ENVIRONMENTAL		40

Questions to consider: Which dimensions could you improve on? Which dimensions are going “okay”? Which dimensions are you having success in?

