

Wellness Inventory

Consider how “well”: you are in each of the six dimensions of wellness based on the descriptions and the answers to the questions provided for each. What is working well for you and what isn’t? That is, what would you like to change in order to achieve a higher level of wellness? Score yourself on your current level of wellness in each dimension on a scale from 1(low) to 5(optimal). Then total your scores at the end to interpret your current level of wellness.

Physical: focusing mainly on physical and health and quality of life as developed and maintained through regular participation in physical activity, healthy eating and positive lifestyle choices.

- Am I physically active on a regular basis?
- Do I eat healthy, nutrient dense foods in the proper proportions to one another and in moderate amounts?
- Do I wear a seat belt every time I am in a car?”
- Do I avoid tobacco use and second hand smoke?
- Do I get 6-8 hours of relatively uninterrupted sleep per night?”
- Can I complete my activities of daily living and occupational activities, and still have energy left to participate in recreational activities?

Emotional: emphasizing an awareness and acceptance of one’s emotions, an ability to manage emotions effectively, and an understanding of how our thinking patterns affect our emotions.

- Am I able to identify emotional reactions to experiences as they occur
- Am I able to manage strong emotional reactions (e.g. highly stressful situations) so that my behavior remains congruent with my values and goals?
- Do I work at being aware how certain patters of thinking (e.g., optimism and pessimism) affect my emotions?
- Do I have a strong emotional support system of family and /or friends, people in whom I can confide, people who can list, celebrate with and comfort me?
- What tools do I have and use to effectively resolve conflict?
- Do I participate in activities and or/spend time with people that I enjoy?

Intellectual: encouraging the use of one’s mind to enhance knowledge, increase creativity, and gain a better understanding and gain a better understanding and appreciation for self and others.

- How much mental stimulation do I experience in my work and/or recreation (e.g. intellectual challenges and problem solving tasks, reading a good book, things that piques my interest and makes me think critically and creatively)?
- Do I make use of my mental skills on a regular basis? Am I employing my artistic and creative abilities in some sort of craft (painting, stamping, making Halloween costumes, woodworking, car detailing, taxidermy, and inventing)? How do I use my left-brain skills of math, logic and reasoning, and spatial relationships (e.g. balancing my checkbook, rearranging the furniture, planning the flower bed that will be featured in the next issue of Better Homes and Gardens)?

Social: maintaining and nurturing healthy relationships and harmony within the family and with others.

- Do I have many friends and acquaintances or do I have a few very close friends?
- How much do I enjoy other people’s company in my leisure time and /or at work?
- Do I connect with my family, friends, and coworkers on a superficial or deeper level?

- What percentage of the time in a conversation do I spend talking? Listening?
- Am I really attuned to what is going on with my family and friends---their feelings, their attitudes, and their lives?
- How much time do I take to talk about really important things with the important people in my life?

Spiritual: seeking purpose, and meaning in life, refocusing on values and ethics

- Do I feel I have a purpose to my life? Is it meaningful for me?
- Do I think or sense that I am part of something bigger than myself?
- Do I make time for prayerful meditation, a chance to quiet myself, time to disconnect from life's stresses and pushes and pulls, and to reconnect with a source of peace, energy, and balance?
- Does my spirituality bring me a sense of peace and calm in a stressful environment?

Vocational: finding ways to give personal expressions of ourselves through our work and involvement in community activities

- Do I experience adequate levels of autonomy, competence, purpose in my work?
- Does my work intrigue and/or challenge me?
- Do I wake up feeling excited about work, or at least willing to go to work?
- What kind of impact do I make through my work?
- What do I do to contribute to the health and well-being of my community?
- How much satisfaction do I get from my work and service activities?

Now total your scores for the six dimensions of wellness and consider the following in determining whether or not you should make a change (or just trust your gut!)

Wellness Inventory Score Interpretation

27-39 (A): Excellent! Balanced function and optimal wellness

24-26 (B): Great job! High-level balance and function! Fine tune from here...

21-23 (C): Average balance and function---room for improvement.

18-20 (D): Surviving...Time to make major changes.

15-17 (F): Batting at least 500---great for baseball, but not so hot in real life.

< 15: Danger, danger, Will Robinson! Emergency Alert! Act now to avert disaster down the road!

From: Armbruster, B., and L. A. Gladwin. More than fitness for older adults. ACSM's Health and Fitness Journal