

**V. INTELLECTUAL Wellness: the process of using our minds to create a greater understanding and appreciation of the universe and ourselves.**

	ALWAYS	4	3	2	NEVER
1. I read material, which makes me think.	5	4	3	2	1
2. I listen to ideas different than mine.	5	4	3	2	1
3. I question myself.	5	4	3	2	1
4. I question biases.	5	4	3	2	1
5. I read the newspaper.	5	4	3	2	1
6. I appreciate and participate in fine arts. (music/art)	5	4	3	2	1
7. I watch TV deliberately not habitually.	5	4	3	2	1
8. I am computer literate.	5	4	3	2	1
9. I challenge myself and view learning as a lifelong process.	5	4	3	2	1
10. I view mistakes as learning points.	5	4	3	2	1
11. I get along well in school.	5	4	3	2	1

YOUR SCORE: \_\_\_\_\_  
(55 possible)

**VI. ENVIRONMENTAL WELLNESS: the process of making choices which will contribute to sustaining or improving the quality of life in the universe, including air, water, and land quality.**

	ALWAYS	4	3	2	NEVER
1. I recognize my impact on the environment.	5	4	3	2	1
2. I choose silent vs. noisy sports often.	5	4	3	2	1
3. I limit my purchases to what I need vs. what I want.	5	4	3	2	1
4. I consider the environmental impact my purchases may have.	5	4	3	2	1
5. I minimize the use of a car when I can bike or walk.	5	4	3	2	1
6. I realize that there is no "away" when I throw things in the garbage.	5	4	3	2	1
7. I try to recycle newsprint, glass, cans, and plastic.	5	4	3	2	1
8. I try to reuse products instead of buying and throwing.	5	4	3	2	1
9. I would prefer to plant a tree than to cut one down.	5	4	3	2	1

YOUR SCORE: \_\_\_\_\_  
(45 possible)