

VII. SPIRITUAL Wellness: the process of discovering meaning and purpose in life and demonstrating values through behaviors.

	ALWAYS			NEVER
1. I have a sense of meaning and purpose in life.	5	4	3	2
2. I have a feeling of peace and wholeness.	5	4	3	2
3. I meditate or pray regularly.	5	4	3	2
4. There is consistency between my values and behaviors.	5	4	3	2
5. I am free of self-destructive behaviors.	5	4	3	2
6. I contribute to the well-being of others.	5	4	3	2
7. I accept beauty.	5	4	3	2
8. I accept my mortality.	5	4	3	2
9. I value and appreciate life.	5	4	3	2

YOUR SCORE: _____
(45 possible)

WELLNESS ASSESSMENT:

Your score:

- 1. Social Wellness _____ (30)
- 2. Emotional Wellness _____ (50)
- 3. Physical Wellness _____ (55)
- 4. Career Wellness _____ (50)
- 5. Intellectual Wellness _____ (55)
- 6. Environmental Wellness _____ (45)
- 7. Spiritual Wellness _____ (45)

TOTAL: _____ (330)

BONUS:

- 1. Add 5 points if you know how to perform CPR. _____
- 2. Add 5 points if you had fewer than 4 cans of dark colored pop in the last 7 days. _____
- 3. Add 5 points if you ALWAYS wear a life jacket when you are in a boat. _____
- 4. Add 5 points if you ALWAYS wear a helmet when you bike, rollerblade, or ride a motorcycle. _____

TOTAL: _____ (350)

350-315 WOW! You are making excellent lifestyle choices!
 314-280 GREAT! You are doing a good job.
 279-245 AVERAGE! You can choose to make better choices.
 244-210 OOPS! Take charge of your life today and make

lifestyle changes for the health of it!!!