

STEPS *TO* LEAPS **W** **WELL-BEING**

Dimensions of Wellness Assessment

Assessing Your Overall Well-Being

Instructions: This assessment looks at the eight dimensions of well-being. For each table:

1. Circle the number based on your level of agreement with each statement.
2. Write the total score for each table where indicated.

Note that this assessment is a general tool and is not diagnostic or meant to replace professional opinions in any of these dimensions.

Dimensions of Wellness Assessment

Dimension 1:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|---|-------------------|----------|----------------------------|-------|----------------|
| I feel like I have control over my emotions. | 1 | 2 | 3 | 4 | 5 |
| I am able to prevent my emotions from distracting me from being productive. | 1 | 2 | 3 | 4 | 5 |
| I can identify my emotions and where they originate. | 1 | 2 | 3 | 4 | 5 |
| I know how to reframe my thoughts, so I am not overwhelmed by my emotions. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 2:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| Meditation, prayer, and/or quiet reflection is/are important in my life. | 1 | 2 | 3 | 4 | 5 |
| Life is meaningful to me, and I feel like I have a purpose in life. | 1 | 2 | 3 | 4 | 5 |
| I can listen to the beliefs of others without judgment. | 1 | 2 | 3 | 4 | 5 |
| I am confident in my own beliefs. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 3:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| I am well-informed of what is happening locally, nationally, and globally. | 1 | 2 | 3 | 4 | 5 |
| I am able to see more than one side of an issue. | 1 | 2 | 3 | 4 | 5 |
| I enjoy engaging in intellectual conversations. | 1 | 2 | 3 | 4 | 5 |
| I consume information on a variety of different topics. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 4:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| I exercise 20 to 30 minutes at least 3 times a week. | 1 | 2 | 3 | 4 | 5 |
| I eat fruits, vegetables, and whole grains every day. | 1 | 2 | 3 | 4 | 5 |
| I get at least 7 hours of sleep each night. | 1 | 2 | 3 | 4 | 5 |
| I try to limit the amount of caffeine and sugar I consume. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 5:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| I promote an inclusive environment where I live. | 1 | 2 | 3 | 4 | 5 |
| I advocate for others when I hear someone make obscene or offensive comments about people of a particular group. | 1 | 2 | 3 | 4 | 5 |
| I make an effort to keep my living space tidy and comfortable. | 1 | 2 | 3 | 4 | 5 |
| I am aware of the different safety resources on campus. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 6:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|---|-------------------|----------|----------------------------|-------|----------------|
| When I receive a new paycheck, I often have funds left from my previous paycheck. | 1 | 2 | 3 | 4 | 5 |
| I don't feel like I need to buy more things in order to fit in with my friends. | 1 | 2 | 3 | 4 | 5 |
| At any given moment, I am aware of how much money is in my banking account. | 1 | 2 | 3 | 4 | 5 |
| I actively seek out student discounts. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 7:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| I feel as though I am in control of my school/study schedule. | 1 | 2 | 3 | 4 | 5 |
| I often try to apply what I learn in class to other areas of my life. | 1 | 2 | 3 | 4 | 5 |
| I talk to others about topics in my major. | 1 | 2 | 3 | 4 | 5 |
| I feel confident in the type of jobs that I can obtain with my degree. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Dimension 8:

| | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |
|--|-------------------|----------|----------------------------|-------|----------------|
| I'm able to balance my own needs with the needs of others. | 1 | 2 | 3 | 4 | 5 |
| I can communicate and get along with a wide variety of people. | 1 | 2 | 3 | 4 | 5 |
| I have many people who I feel are close to me. | 1 | 2 | 3 | 4 | 5 |
| My friends are the kind of people I want to be. | 1 | 2 | 3 | 4 | 5 |

Total: _____

Dimensions of Wellness Assessment

Results:

Now that you have completed this assessment, you are ready to see how you are doing in each dimension of well-being! Each table corresponds to one of the eight dimensions of well-being. They include:

Dimension 1: Emotional- Being able to cope with everyday life and build meaningful relationships with people.

Dimension 2: Spiritual- Knowing your values and how they help you find a purpose in your life. It gives you a sense of confidence and inner peace.

Dimension 3: Intellectual- Being able to seek out ways to use your knowledge and skills.

Dimension 4: Physical- Having a balance of physical activity, healthy eating, and adequate sleep.

Dimension 5: Environmental- This has to do with how your environment, social and physical, affects you holistically. It's hard to be happy when you are always around people who bring you down. It's also hard to be happy when you feel that the place you spend most of your time is unorganized or unsafe.

Dimension 6: Financial- This does not refer to having a certain amount of money. Rather, it means that you are aware of your financial state, and you are living within your means.

Dimension 7: Occupational- For a student, this means that you enjoy your major and you have a good school/life balance.

Dimension 8: Social- Feeling connected to people and having a sense of belonging.

Dimensions of Wellness Assessment

Based on your score for each table, you can identify how you are doing within each dimension.

14-20 Thriving

You actively take care of this area of well-being by the small things you do each day and the larger decisions that you make. These daily experiences might even be habits for you. Continue these habits for this area of well-being. Well done!

7-13 Developing

You are heading in the right direction for making good habits, but you may not be fully committed to this dimension, or it has not been a priority for you. It may be that you are trying to make too many new changes at once, or you haven't chosen which change you want to make. Take time to choose behaviors in this dimension that you want to work on and aim to make small changes that would help improve this dimension of well-being.

1-6 Needs Attention

You are not doing well in this dimension of well-being. It could be directly affecting your life now or it will affect you later. This could be a dimension you have tried to improve but have not yet found a routine. Perhaps this is an area of well-being you haven't thought of before. Either way, a good start would be to reach out to resources on campus or in the community that can help you make goals for this dimension of well-being.