

# Personal Wellness Quiz

Wellness can be defined as an active process through which people become aware of and make choices for a lifestyle designed to realize one's highest potential for wholeness and well-being. Wellness begins with an awareness of the existence of your individual abilities, accomplishments, limitations, and goals. Wellness helps provide for conscious growth in various areas of your life. Wellness can become a state of mind, or, as in the definition above, **a more successful lifestyle.**

Please circle the number that best represents your response to each Wellness Inventory item.

**Scale:** 5= almost always 4= sometimes 3= undecided 2= seldom 1= almost never

Emotional					
I am able to deal with the day-to-day pressures.	1	2	3	4	5
I can resolve issues with family members.	1	2	3	4	5
I can establish friendships easily.	1	2	3	4	5
I am comfortable expressing my feelings with others.	1	2	3	4	5
I am considerate of other people's feelings.	1	2	3	4	5
I take responsibility for my own behaviors.	1	2	3	4	5
I am happy with myself.	1	2	3	4	5
Intellectual					
I am a lifelong learner.	1	2	3	4	5
I am able to handle my personal finances satisfactorily.	1	2	3	4	5
I am able to effectively schedule my time.	1	2	3	4	5
I feel capable of making important decisions.	1	2	3	4	5
I know how to set and reach goals and objectives.	1	2	3	4	5
I understand the value of technological advances	1	2	3	4	5
I have read a book or listened to a podcast in the past six months.	1	2	3	4	5
Social					
I am able to successfully share my feelings with others	1	2	3	4	5
I spend some time to reflect on my own personal needs	1	2	3	4	5
I feel skillful in human relations.	1	2	3	4	5
I feel secure going places where I may not know anyone.	1	2	3	4	5
I am able to assert myself when necessary.	1	2	3	4	5
I am able to communicate with others effectively.	1	2	3	4	5
Physical					
I am within 5-10 pounds of my ideal body weight.	1	2	3	4	5
I choose nutritious food.	1	2	3	4	5
I exercise regularly (20-30 minutes 3 times per week).	1	2	3	4	5
Physical continued...					

I know and use ways to handle stress.	1	2	3	4	5
I do not smoke or vape.	1	2	3	4	5
I sleep at least seven hours per night on most nights.	1	2	3	4	5
I have healthy sleep (no snoring or mouth breathing)	1	2	3	4	5
I do not abuse alcohol or binge drink.	1	2	3	4	5

### Spiritual

I am comfortable with others who have different beliefs than mine.	1	2	3	4	5
I take time for spiritual growth and development.	1	2	3	4	5
I feel I live authentically within my personal values	1	2	3	4	5
I make attempts to expand my awareness of cultures.	1	2	3	4	5
I take breaks from technology	1	2	3	4	5
I understand the value of mindfulness	1	2	3	4	5

### Occupational

I am passionate about what I do	1	2	3	4	5
I find purpose in my current role	1	2	3	4	5
I am able manage conflict	1	2	3	4	5
I am engaged in my profession	1	2	3	4	5
I have a good worklife balance	1	2	3	4	5

### Environmental

I am aware of the limits of the earth's natural resources.	1	2	3	4	5
I conserve energy.	1	2	3	4	5
I recycle trash as much as possible (paper, cans, bottles, etc.).	1	2	3	4	5
I enjoy, appreciate, and spend time outside in natural settings.	1	2	3	4	5
I understand the concept of ecological balance.	1	2	3	4	5
I am aware of the impact dentistry has on the environment.	1	2	3	4	5

Add each column (i.e., five ones = 5, six twos = 12, etc)

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Now add the columns together. This will be your total score on the Wellness Quiz.

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### Scoring

- **Between 176-225:** You are a very healthy person in all the dimensions and have a well lifestyle.
- **Between 125-175:** You are well in some areas but could use improvement in some of the other areas. You could make some changes to take better care of yourself.
- **Under 125:** You tend to have unhealthy habits and an unhealthy lifestyle. Learn some options to make some lifestyle changes.

Adapted from: Wellness Quiz, Plymouth State University