

Wellness Capital Self-Assessment

Wellness is not simply the absence of illness or distress. It is a lifelong practice of making choices to live a balanced and meaningful life. Wellness is holistic. It is dynamic. It is a lifelong practice.

We categorize wellness into seven realms:

1. Emotional
2. Environmental
3. Intellectual
4. Occupational
5. Physical
6. Social
7. Spiritual



Wellness Capital is made up of the internal and external resources that support you in achieving and sustaining wellness and the ability to thrive. Just like the capital you may have invested in your home or your business, the more capital you have, the better equipped you are to stay well regardless of the life circumstances you experience.

Adapted from The Princeton U Matter Wellness Self-Assessment

This **Wellness Capital Self-assessment** tool can help you identify the areas of wellness where you are thriving, and those where you may need to focus more attention. There is no right or wrong, this is solely to support you in focusing on what matters most.

Here's what you do:

1. Answer all the questions for all seven wellness realms.
2. Total up your points for each section and add to the "Calculate Your Score" section.
3. Determine which realm(s) you wish to focus on for the next 1 – 2 months and create 1 – 3 actions items for each realm. We highly recommend you focus on no more than 2 realms at any given time.

Emotional Wellness: understanding your own feelings and expressing emotions in a constructive way, as well as having the ability to deal with stress and life's challenges.				
	Never	Rarely	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways.	1	2	3	4
2. I recognize when I am stressed and take steps to manage my stress (ie. exercise, quiet time, meditation).	1	2	3	4
3. I quickly recover after a disappointment or problem.	1	2	3	4
4. I am able to maintain a healthy balance of work, family, friends and other priorities.	1	2	3	4
5. I am flexible and adapt or adjust to change in a constructive way.	1	2	3	4
6. I am able to make decisions with minimal stress or worry.	1	2	3	4
7. When I'm angry or upset, I try to let others know in non-harmful ways.	1	2	3	4
TOTAL				

Occupational Wellness: getting personal fulfillment from your work or academic pursuits, and contributing to your ongoing knowledge and skills, while maintaining work-life balance.				
	Never	Rarely	Sometimes	Usually
1. I get personal fulfillment and enrichment from work.	1	2	3	4
2. I believe that I am able to contribute my knowledge, skills, and talents at work.	1	2	3	4
3. I seek out opportunities for ongoing skill development and mastery.	1	2	3	4
4. I balance my social, family life and job responsibilities well.	1	2	3	4
5. I effectively handle my stress level related to work responsibilities.	1	2	3	4
6. I believe that my co-workers and boss 'have my back' at work.	1	2	3	4
8. I explore paid and/or volunteer opportunities that interest and inspire me.	1	2	3	4
TOTAL				

Intellectual Wellness: ability to open your mind to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.

	Never	Rarely	Sometimes	Usually
1. I am curious and interested in the communities and the world around me.	1	2	3	4
2. I search for learning opportunities and stimulating mental activities.	1	2	3	4
3. I manage my time well rather than it manage me.	1	2	3	4
4. I enjoy brainstorming and sharing ideas, experience, knowledge with others.	1	2	3	4
5. I enjoy learning about things outside of what is required for my job.	1	2	3	4
6. I seek opportunities to learn practical skills to help others.	1	2	3	4
7. I am open to and consider the opinions of others and engage in healthy dialogue.	1	2	3	4
TOTAL				

Environmental Wellness: ability to recognize the interactions between you and your environment, be responsible for using available resources, and foster a safe, healthy environment for others.

	Never	Rarely	Sometimes	Usually
1. I recognize the impact of my actions on my environment.	1	2	3	4
2. I recognize the impact of my environment on my health.	1	2	3	4
3. I am aware of and make use of work/campus health, wellness and safety resources.	1	2	3	4
4. I practice environmentally conscious behaviours even if it takes extra effort (reuse, recycle, reduce, etc.).	1	2	3	4
5. I seek out ways to improve my social environment.	1	2	3	4
6. I contribute to making my environment safer and healthier.	1	2	3	4
7. I surround myself with people who support me in my journey of being healthy and well.	1	2	3	4
TOTAL				

Spiritual Wellness: having beliefs and values that provide a sense of purpose and help give meaning to your life, and acting in alignment with those belief and values.

	Never	Rarely	Sometimes	Usually
1. I take time to think about what is important in my life – who I am, what I value, where I fit in, and where I am going.	1	2	3	4
2. I have found a balance between meeting my needs and those of others.	1	2	3	4
3. I engage in acts of caring and goodwill without expecting something in return.	1	2	3	4
4. I have compassion for those who are suffering and try to help them through difficult times.	1	2	3	4
5. My values are true priorities in my life and are reflected in my actions.	1	2	3	4

6. I feel connected to something larger than myself (ie. supreme being, nature, connectedness of all living things, humanity, community).	1	2	3	4
7. I believe my life has purpose and meaning.	1	2	3	4
TOTAL				

Physical Wellness: the ability to maintain a healthy quality of life, making choices to avoid harmful habits and practice behaviours that support your physical being, health and safety.				
	Never	Rarely	Sometimes	Usually
1. I engage in physical exercise/movement regularly (at least 30 min/day, at least 5 times a week).	1	2	3	4
2. I commit to 7.5 – 8 hours of quality sleep each night.	1	2	3	4
3. I protect myself and others from getting ill (ie. wash hands, wear mask, etc.)	1	2	3	4
4. I abstain from alcohol, substances or other behaviours (ie shopping, workaholism) to avoid life’s challenges, numb feelings, etc.* if this is an issue for you, let’s talk, I’m a recovery coach with lived experience.	1	2	3	4
5. I am committed to a daily wellness routine (ie. brushing and flossing, washing)	1	2	3	4
6. I eat a balanced, nutrient-rich diet and drink at least 8 glasses of water (not coffee!) per day.	1	2	3	4
7. I get regular physical exams (ie. annual, when I have atypical symptoms)	1	2	3	4
TOTAL				

Social Wellness: the ability to establish and maintain healthy relationships with family, friends and co-workers; and to deal with interpersonal conflict in a timely and constructive way.				
	Never	Rarely	Sometimes	Usually
1. I consciously and continually work on behaviours, attitudes or beliefs that have caused problems in my interactions with others.	1	2	3	4
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs and choices.	1	2	3	4
3. I feel supported and respected in my close relationships.	1	2	3	4
4. Others’ approval and/or what they think of me does not impact how I feel about myself.	1	2	3	4
5. I communicate effectively with others, share my views and listen openly to those of others.	1	2	3	4
6. I see the good in others and do not quickly go to judgment or blame.	1	2	3	4
7. I participate in a wide variety of social activities and seek opportunities to form new relationships.	1	2	3	4
TOTAL				

Calculate Your Score

Wellness Realm	Possible Score	Your Score
Emotional Wellness	28	
Occupational Wellness	28	
Intellectual Wellness	28	
Environmental Wellness	28	
Spiritual Wellness	28	
Physical Wellness	28	
Social Wellness	28	

Scores of 20 – 28. Congratulations! Your responses demonstrate that you are actively engaged in activities that support this realm of wellness. Keep doing what you are doing. Although you achieved a high overall score in this domain, you may wish to check for lower scores on individual items to determine if there are specific areas to address. You may also choose to focus on another realm where you scored lower. Consider working with a **Wellness Coach** to build additional resources and resilience to keep it going.

Scores of 15 – 19. Your behaviours in this realm are good, and there is room to thrive. Take a look at those items where you scored lower. What changes might you make to improve the score? Even a small change can significantly improve your wellness. Consider working with a **Wellness Coach** to help you focus on the right things for your life.

Scores of 14 or lower. Your answers suggest some potential health and wellbeing risks. Don't fret! Reflecting on those areas, how are these lower scores impacting your life right now? Review those areas to see where you can improve and potentially discuss with a **Wellness Coach** to create a targeted plan.

Contact Rochelle to review your results and develop a plan that you will inspire you, challenge you, and have you thrive. rochelle@rochelledavidson.com

I have met myself and I'm going to care for her fiercely.

Glennon Doyle