

Summer Wellness Series

Select the response from the drop down that best applies to you for each statement.

Intellectual		Select Response
I know about resources to help me expand my knowledge.		
I feel fulfilled in my current work situation.		
I seek personal growth by learning new skills.		
I am open to new ideas.		
I learn about different topics that interest me from books, magazines, newspapers and online.		
I know how to access intellectually stimulating resources.		
I am comfortable reaching out for on the job help when needed.		
I am eager to learn.		
I stay informed about social, political and other current affairs.		
I look for ways ot use my creative and critical thinking skills.		
Points Possible:		Total:

Your Percentage:

Your total is your score out of a possible of 40 points. Your percentage is calculated for you. The closer you are to 100% indicates the strength of your wellness in this domain. Lower percentages suggest you may wish to put some extra attention on this domain.