

Summer Wellness Series

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

Social		Select Response
I am satisfied with my social life.		
I am involved in at least one community activity.		
I maintain a network of supportive family, friends and social contacts.		
I have at least one meaningful relationship in my life.		
I am accepting of diversity (race, ethnicity, religion, gender identity, etc)		
I am able to prioritize my own needs by saying “no” to others’ requests for my time.		
I have someone I can talk to about my feelings and struggles.		
I participate in social activities and enjoy being with people who are different from me.		
I give and take equally in my relationships.		
I plan time with my family and friends.		
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.