

Summer Wellness Series

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

Spiritual		Select Response
I take time to think about what is important in life- who I am, what I value, where I fit in, where I'm going.		
I make time for relaxation during the day.		
I have a belief system in place (religious, agnostic, spiritual).		
My values guide my decisions and actions.		
I have a sense of purpose in my life.		
I am tolerant and accepting of the view of others.		
I utilize resources to improve my well-being.		
I am active in communities or causes I care about.		
I am able to set, communicate and enforce boundaries.		
I work to create balance and peace within my interpersonal relationships, community and the world.		
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.