Personal Wellness Inventory

Directions: Read through the following inventory. After each statement, place a check next to the column that best describes you.

Directions for scoring are at the end.

| PHYSICAL HEALTH - My Score = | Always | Sometimes | Never |
|--|--------|-----------|-------|
| 1. I exercise 20 or more minutes a day at least three times a week. | | | |
| 2. I avoid the use of tobacco. | | | |
| 3. I limit my dietary intake of refined sugar and salt. | | | |
| 4. I eat breakfast every day. | | | |
| 5. I eat a balanced diet that includes a varity of foods. | | | |
| 6. I get 6-8 hours of sleep a night. | | | |
| 7. I feel energetic and active. | | | |
| 8. My weight is appropriate for my height. | | | |
| 9. I keep my immunizations up-to-date. (Shot Record) | | | |
| 10. I see a dentist twice a year. | | | |
| 11. I regularly use dental floss and brush my teeth. | | | |
| 12. I get professional help when I have a serious medical problem. | | | |
| 13. I abstain from the use of alcohol. | | | |
| 14. I avoid using illegal drugs. | | | |
| 15. I relieve my stress and tention in healthy ways that do no harm. | | | |
| 16. I take at least 10 minutes a day to relax completely. | | | |
| 17. I channel my stress into engery to accomplish something positive. | | | |
| 18. I am aware of how to handle myself in stressful situations. | | | |
| Physical Totals: | | | |
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| MENTAL/EMOTIONAL HEALTH - My Score = | | | |
| 1. I think positively and try to take responisbility for my attitude. | | | |
| 2. I can name 3 things I do well. | | | |
| 3. I can accept compliments and constructive criticism. | | | |
| 4. I feel okay about crying and will allow myself to do so. | | | |
| 5. I am aware of events which are likely to produce stress in me. | | | |
| 6. when under pressure, I take "time out" to put things in perspective. | | | |
| 7. When I am angry, I know why I am angry. | | | |
| 8. I like to try new things and take healthy risks.(EX:Trying out for a team.) | | | |
| 9. I enjoy and have tiem to be alone. | | | |
| 10. I can fall asleep easily at bedtime without worrying about things. | | | |
| 11. I do not spend a lot of time worrying about problems beyond my control. | | | |
| 12. I am happy most of the time. | | | |
| 13. I feel comfortable with my body and the way I look. | | | |
| 14. I reward myself when I achieve a goal. | | | |
| 15. I seek help from friends or professional people when I cannot cope alone. | | | |
| 16. I listen and think positively about contructive criticism. | | | |
| | 1 | 1 | |

17. I am able to say no to people without feeling guilty.

| 18. I can be satisfied with my effort if I've done my best. | | |
|--|--|--|
| 19. I have at least one hobby or interest I pursue. | | |
| 20. I am able to look at the humorous side of a problem. | | |
| 21. I control my temper when I am angry or upset. | | |
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| Mental/Emotional Totals: | | |
| | | |
| SOCIAL HEALTH - My Score = | | |
| 1. I work out my differences with my family. | | |
| 2. I make time to interact with my family each day. | | |
| 3. I can talk with my family about problems. | | |
| 4. I am happy with the role I play in my family. | | |
| 5. I get a long with my brother and sisters. | | |
| 6. I can cope with the personal problems my family memembers may have. | | |
| 7. I can cope with the sickness/death of someone in my family. | | |
| 8. I can cope with problems between my parents. | | |
| 9. I can cope with my parents seperation/divorce. | | |
| 10. I have at least one or two close friends. | | |
| 11. I am a good listener. | | |
| 12. I have someone to talk to about my problem. | | |
| 13. I reach out to friends when im sad or lonely. | | |
| 14.i ask friends for help when I need it. | | |
| 15. I help my friends when they need it. | | |
| 16. I tell friends when I'm hurt, angry or disappointed by them. | | |
| 17. I give others sincere compliments. | | |
| 18 I work out differences with my friends. | | |
| 19. I can accept differnces in my friends and classmates. | | |
| 20. I resist pressure from friends to do things I don't want to. | | |
| 21. I am satisfied with my relationships with my friends. | | |
| 22. I usually have success making friends with people of the opposite sex. | | |
| 23. I am honest with others. | | |
| 24. I am respectful of others. | | |
| 25. I am careful of other peoples feelings. | | |
| 26. I get along with teachers and other adults. | | |
| 27. I continue to participate in activites even if I don't get my way. | | |
| 28. I make it a practice to be nice to people if at all possible. | | |
| 29. I avoid gossiping about people. | | |
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| Social Totals: | | |
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