

9:03

# SELF-ASSESSMENT 9:03

**"Awareness is the greatest agent for change."**

**- Eckhart Tolle**

Wellness transcends mere avoidance of illness; it's an active pursuit of a balanced and fulfilling life. Our comprehensive assessment, anchored in *The Four Pillars of Wellness — Physical, Mental, Financial, Spiritual* — is your starting point. This personalized tool assesses and lays the foundation for your wellness journey. Engaging with each segment will illuminate your strengths, highlight areas for greater attention, and may reveal new dimensions of well-being to explore.

Taking this reflective journey is your proactive step towards a more profound understanding of yourself, shaping the choices and strategies that lead to a richer, more satisfying life experience.

## **Instructions**

- Respond to each question within the four wellness pillars.
- Tally your scores for each category.
- Complete the reflection questions based on your results.
- Embrace your insights and allow them to guide your wellness journey.

# SELF-ASSESSMENT 9:03

## PHYSICAL WELLNESS

1- Rarely	2- Sometimes	3- Often	4- Usually	5- Always			
I MAKE TIME FOR REGULAR PHYSICAL ACTIVITY TO SUPPORT MY HEALTH AND ENERGY LEVELS.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I PRIORITIZE GETTING ENOUGH RESTFUL SLEEP EACH NIGHT ENHANCING BOTH MENTAL AND PHYSICAL WELL-BEING.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I MAINTAIN A BALANCED DIET THAT MEETS MY NUTRITIONAL NEEDS AND ENERGIZES ME FOR DAILY TASKS.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I SCHEDULE AND ATTEND REGULAR HEALTH CHECK-UPS OR PREVENTIVE CARE VISITS.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I PRIORITIZE REST AND RECOVERY TO ALLOW MY BODY TO RECHARGE AND HEAL.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I PARTICIPATE IN PHYSICAL ACTIVITIES THAT BRING ME JOY AND MAKE ME FEEL FULLY PRESENT.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I HAVE A RESPONSIBLE RELATIONSHIP WITH ALCOHOL.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
PHYSICAL WELLNESS TOTAL							

# SELF-ASSESSMENT 9:03

## MENTAL WELLNESS- EMOTIONAL

1- Rarely

2- Sometimes

3- Often

4- Usually

5- Always

I INTENTIONALLY SEEK OUT MOMENTS OF JOY, GRATITUDE, AND CONTENTMENT, ALLOWING MYSELF TO FULLY EXPERIENCE AND SAVOR POSITIVE EMOTIONS.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I IMMERSE MYSELF IN ACTIVITIES THAT CHALLENGE AND ABSORB ME, CREATING A SENSE OF FLOW THAT NURTURES MY EMOTIONAL WELL-BEING.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I ALIGN MY EMOTIONS AND ACTIONS WITH MY CORE VALUES TO FOCUS ON WHAT TRULY MATTERS.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I PRACTICE SELF-COMPASSION AND STRESS MANAGEMENT DURING DIFFICULT TIMES, ACKNOWLEDGING MY EMOTIONS WITHOUT JUDGMENT.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I SET ACHIEVABLE GOALS FOR MY EMOTIONAL GROWTH AND CELEBRATE EVEN SMALL WINS, RECOGNIZING EACH STEP AS PROGRESS TOWARD GREATER WELL-BEING.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I EXPRESS MY EMOTIONS IN HEALTHY WAYS—SUCH AS JOURNALING, TALKING TO SOMEONE I TRUST, OR ENGAGING IN CREATIVE OUTLETS.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I BUILD EMOTIONAL RESILIENCE BY EMBRACING CHALLENGES AS OPPORTUNITIES FOR GROWTH, USING SETBACKS AS FUEL FOR LEARNING AND SELF-IMPROVEMENT.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**EMOTIONAL WELLNESS TOTAL**

# SELF-ASSESSMENT 9:03

## MENTAL WELLNESS- SOCIAL

1-Rarely

2- Sometimes

3- Often

4- Usually

5- Always

I SEEK OUT ACTIVITIES OR MOMENTS THAT IMMERSE ME IN THE PRESENT, CREATING A SENSE OF ENGAGEMENT AND CONNECTION.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I PRIORITIZE QUALITY TIME WITH LOVED ONES TO NURTURE MEANINGFUL CONNECTIONS.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I CREATE A SENSE OF BALANCE IN MY RELATIONSHIPS BY GIVING AND RECEIVING SUPPORT EQUALLY.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I REGULARLY REFLECT ON MY CONTRIBUTIONS TO THE COMMUNITY AND TAKE ACTIONS THAT STRENGTHEN MY CONNECTION TO SOCIETY

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I ENGAGE IN ACTIVITIES THAT STRENGTHEN MY SOCIAL BONDS AND ALIGN WITH MY VALUES.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I ACTIVELY NURTURE DIVERSE CONNECTIONS ACROSS DIFFERENT AREAS OF MY LIFE.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I SURROUND MYSELF WITH INDIVIDUALS AND COMMUNITIES THAT INSPIRE, CHALLENGE, AND MOTIVATE ME TO GROW.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SOCIAL WELLNESS TOTAL**

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# SELF-ASSESSMENT 9:03

## FINANCIAL WELLNESS

1-Rarely	2- Sometimes	3- Often	4- Usually	5- Always			
I FEEL CONFIDENT IN MY ABILITY TO MANAGE MY PERSONAL FINANCES EFFECTIVELY.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I HAVE A CLEAR FINANCIAL PLAN AND REGULARLY REVIEW MY PROGRESS TO STAY ON TRACK.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I CONSISTENTLY ALIGN MY FINANCIAL DECISIONS WITH MY VALUES, LEADING TO GREATER SATISFACTION AND CONTENTMENT.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
MY IDENTITY IS REFLECTED IN THE DECISIONS I MAKE ABOUT MONEY IN MY LIFE.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I HAVE A PERSONAL DEFINITION OF WEALTH THAT GOES BEYOND MONETARY ASSETS.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I ACTIVELY EVALUATE HOW I SPEND MY TIME AND RESOURCES TO ENSURE ALIGNMENT WITH MY PRIORITIES			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
I HAVE STRATEGIES IN PLACE TO REDUCE OR MANAGE FINANCIAL STRESS AND UNCERTAINTY.			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
FINANCIAL WELLNESS TOTAL							

# SELF-ASSESSMENT 9:03

## SPIRITUAL WELLNESS

1- Rarely	2- Sometimes	3- Often	4- Usually	5- Always
I CULTIVATE JOY, GRATITUDE, AND AWE DAILY, RECOGNIZING SMALL MOMENTS OF BEAUTY AND WONDER IN MY LIFE.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I CULTIVATE A MEANINGFUL RELATIONSHIP WITH TIME, USING IT INTENTIONALLY TO REFLECT ON MY PURPOSE AND CREATE BALANCE.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I CREATE A LIFE OF BALANCE BY HARMONIZING MY PHYSICAL, MENTAL, EMOTIONAL, AND SOCIAL WELL-BEING.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I MAINTAIN AUTONOMY IN MY DECISIONS, MAKING CHOICES THAT ALIGN WITH MY CORE VALUES AND PERSONAL GROWTH.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I FEEL A SENSE OF GRATITUDE FOR MY LIFE AND CIRCUMSTANCES.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I CONSCIOUSLY INTEGRATE MY SPIRITUAL OR PHILOSOPHICAL BELIEFS INTO MY DAILY CHOICES AND PERSONAL RELATIONSHIPS.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
I FIND FULFILLMENT IN CONTRIBUTING TO SOMETHING GREATER THAN MYSELF AND THE WORLD AROUND ME.			<div>12345</div> <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>	
SPIRITUAL WELLNESS TOTAL				

# SELF-ASSESSMENT OVERVIEW

Use the scoring guide to determine where you fall in each pillar (Physical, Mental, Financial, Spiritual). Plot each pillar's score at the corresponding "time" on your clock

Observe the color distribution and identify where you're flourishing versus where you can grow. The clock offers both a snapshot of your current state and a roadmap for action. Over time, aim to move each pillar through Emerging, Growing, Thriving, and ultimately Flourishing.

## PHYSICAL



## MENTAL



## FINANCIAL



## SPIRITUAL



**EMERGING (SCORES 7-14)**

**THRIVING (SCORES 22-28)**

**GROWING (SCORES 15-21)**

**FLOURISHING (SCORES 29-35)**

# SELF-ASSESSMENT OVERVIEW



## FLOURISHING (SCORES 29-35):

### ***Optimal well-being-continue to inspire.***

You are excelling in this area and serve as a model of well-being and proficiency. Keep nurturing these strengths and consider ways to share your insights to inspire others.



## THRIVING (SCORES 22-28):

### ***Solid foundation- refine and deepen.***

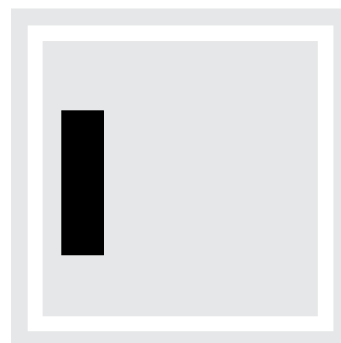
You demonstrate a strong foundation and balanced approach. Continue to refine your routines, deepen your understanding, and look for ways to push beyond your comfort zone.



## GROWING (SCORES 15-21):

### ***Momentum is building- stay consistent.***

You're making noticeable progress, but there's still room to refine your habits and increase consistency. Identify a few specific actions that can help you maintain momentum



## EMERGING (SCORES 7-14):

### ***Opportunities for alignment and growth.***

You may be in the early stages of developing consistent habits or mindsets in this area. Focus on building a solid foundation and seeking resources or support as needed.



# SELF-ASSESSMENT OVERVIEW

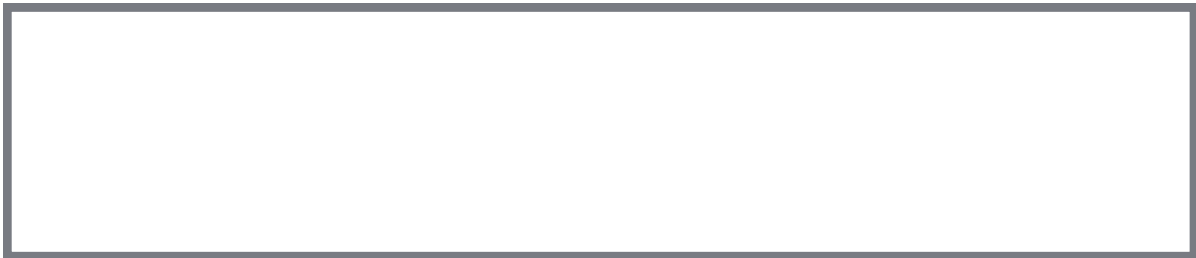
Which area of the assessment felt most challenging to answer honestly, and why?

A large, empty rectangular box with a dark gray border, intended for the user to write their response to the first question.


If you could immediately improve one aspect of your wellness, which would it be, and what would success look like to you?

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How do you typically respond when things don't go as planned in your personal or professional life?

A large, empty rectangular box with a dark gray border, intended for the user to write their response to the third question.

What is one action or change you believe would make the biggest difference in aligning your actions with your goals?

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