

ASSESSING PERSONAL WELLNESS

DIRECTIONS: Rate your physical, emotional, and social wellness using the following questions and scales.

I would rate my physical wellness:

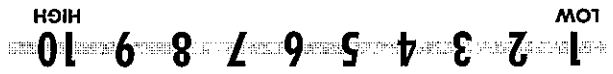


My present level of physical wellness would + or - (circle one) influence my future goals because

My greatest accomplishments in physical wellness can be seen in my

An area of my physical wellness that I would like to improve is

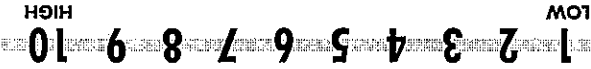
I would rate my emotional wellness:



One way I would like to improve my emotional wellness that would benefit me in the future is

An area of my emotional wellness that I would like to improve is

I would rate my social wellness:



An example of my social wellness is

An area of my social wellness that I would like to improve is

Total Wellness Continuum

