ENVIRONMENTAL WELLNESS ASSESSMENT

1. I try to conserve energy (electricity, water, heat, etc.) in my place when I can. 2 1 0
2. I recycle items (glass, paper, plastic, etc.) whenever possible. 2 1 0
3. I avoid littering. 2 1 0
4. I purchase recycled materials when possible, even if they cost more. 2 1 0
5. I use my own reusable bags when shopping. 2 1 0
6. I do not use aerosol sprays. 2 1 0
7. I turn off the water while brushing my teeth or doing the dishes. 2 1 0
8. I consciously carpool, ride a bike, walk, etc., in order to conserve fuel and energy. 2 1 0
9. I volunteer my time for environmental conservation projects. 2 1 0
10. I feel very strongly about doing my part to preserve the environment. 2 1 0

TOTAL _______

15-20 Points: You have excellent strength in this dimension! Make sure your activities are balanced between all dimensions.

9-14 Points: There is room for improvement. Challenge yourself to find three new things to try in order to improve your vocational wellness.

0-8 Points: This dimension needs a lot of work. What small steps can you take to begin taking steps towards growth? Remember, the goal is overall wellness and balance.
In completing this wellness assessment,

I was surprised to learn that I _____________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

I was disappointed that __________________________________________________________________

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_____________________________________________________________________________________

Things I am currently doing to help improve my environmental wellness are _________________________

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_____________________________________________________________________________________

Things I will do differently or change to make my environmental wellness a priority are ________________

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