SOCIAL WELLNESS ASSESSMENT

1. I contribute time and/or money to social and community projects.  2  1  0
2. I am committed to a lifetime of volunteerism.  2  1  0
3. I exhibit fairness and justice in dealing with people.  2  1  0
4. I have a network of close friends and/or family.  2  1  0
5. I am interested in others, including those from different backgrounds than my own.  2  1  0
6. I am able to balance my own needs with the needs of others.  2  1  0
7. I am able to communicate with and get along with a variety of people.  2  1  0
8. I obey the laws and rules of our society.  2  1  0
9. I am a compassionate person and try to help others when I can.  2  1  0
10. I support and help with family, neighborhood, and work social gatherings.  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 social 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 __________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Things I am currently doing to help improve my social wellness are ____________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Things I will do differently or change to make my social wellness a priority are____________________

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