



## SOCIAL WELLNESS ASSESSMENT

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

**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.



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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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_