

## **Holistic Wellness Self-Assessment Questionnaire**

Here's a questionnaire that includes questions for each of the six dimensions. Each question can be rated on a scale of 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

## **Holistic Wellness Dimensions Self-Assessment Questionnaire**

### **1. Physical Wellness**

- 1. I engage in physical activity or exercise at least 3 times a week.
- 2. I get 7–9 hours of restful sleep most nights.
- 3. I maintain a balanced and nutritious diet.
- 4. I visit a healthcare provider for regular check-ups.
- 5. I avoid harmful substances (e.g., tobacco, excessive alcohol).

### **2. Emotional Wellness**

- 6. I am aware of my emotions and able to express them constructively.
- 7. I have effective ways to cope with stress.
- 8. I am comfortable asking for help when I need emotional support.
- 9. I bounce back after setbacks or failures.
- 10. I take time to reflect on my feelings and mental well-being.

### **3. Intellectual Wellness**

- 11. I engage in activities that stimulate my mind (e.g., reading, puzzles, classes).
- 12. I am open to learning new ideas, skills, and perspectives.
- 13. I pursue creative or mentally challenging activities regularly.
- 14. I take time to explore new interests.
- 15. I enjoy solving problems or thinking critically.

### **4. Social Wellness**

- 16. I have a supportive network of friends and/or family.
- 17. I communicate effectively and listen well to others.
- 18. I participate in group activities or community events.
- 19. I feel a sense of connection and belonging with others.
- 20. I maintain healthy and respectful boundaries in relationships.

## **5. Spiritual Wellness**

- 21. I feel a sense of purpose and direction in life.
- 22. I engage in spiritual or reflective practices (e.g., meditation, prayer).
- 23. I live in a way that is consistent with my core values and beliefs.
- 24. I feel at peace with myself and the world around me.
- 25. I take time to explore questions about meaning or purpose.

## **6. Occupational Wellness**

- 26. I find meaning and satisfaction in my work, studies, or daily responsibilities.
- 27. I have a healthy work-life balance.
- 28. I feel competent and confident in my role.
- 29. I set career or professional development goals.
- 30. My values align with my work or occupational pursuits.

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## **Scoring Guide**

Score for Each Dimension: Add your scores for the five questions in each category (maximum score = 25 per dimension).

Total Wellness Score (Optional): Add all six dimension scores (maximum score = 150).

Interpreting Scores (Per Dimension)

21–25: Thriving

16–20: Doing Well

11–15: Needs Attention

5–10: At Risk

Once you take the assessment, you will know what you need to work on. Let's look at the tools to help you address any deficiencies.