

The 8 Pillars of Wellness Assessment™

N=NEVER | R=RARELY | S=SOMETIMES | O=OFTEN | A=ALWAYS

PHYSICAL WELLNESS	N	R	S	O	A	SCORE
I engage in moderate physical exercise at least 3 to 5 times per week	0	1	2	3	4	
I get 6 to 8 hours of sleep each night	0	1	2	3	4	
I protect myself and others from getting ill (wash my hands, cover my cough, etc.)	0	1	2	3	4	
I avoid excessive alcohol and caffeine	0	1	2	3	4	
I avoid using nicotine products or other drugs	0	1	2	3	4	
I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)	0	1	2	3	4	
I get regular physical exams (annual, or whenever I have atypical symptoms)	0	1	2	3	4	
CATEGORY 1 TOTAL						
SOCIAL WELLNESS	N	R	S	O	A	SCORE
I work on behaviors/attitudes that have caused problems with others in the past	0	1	2	3	4	
I have a primary relationship with someone who respects my wants, needs, and choices	0	1	2	3	4	
I feel supported and respected in my close relationships with others	0	1	2	3	4	
I communicate effectively with others, share my views, and listen to the views of others	0	1	2	3	4	
I consider the feelings of others and do not act in hurtful or selfish ways	0	1	2	3	4	
I try to see good in my friends and do whatever I can to support them	0	1	2	3	4	
I participate in a variety of social activities and opportunities to form new relationships	0	1	2	3	4	
CATEGORY 2 TOTAL						
EMOTIONAL WELLNESS	N	R	S	O	A	SCORE
I express my emotions in positive, constructive ways	0	1	2	3	4	
I recognize when I am stressed and take steps to manage it (relaxation, quiet time, etc.)	0	1	2	3	4	
I pay attention to my ability to bounce back after a disappointment or problem	0	1	2	3	4	
I try to maintain a balance of work, family, friends, and other obligations	0	1	2	3	4	
I am flexible, and I adapt or adjust to change in positive ways	0	1	2	3	4	
I am able to make decisions with minimal stress or worry	0	1	2	3	4	
When I am angry, I try to let others know in non-confrontational or non-hurtful ways	0	1	2	3	4	
CATEGORY 3 TOTAL						
OCCUPATIONAL WELLNESS	N	R	S	O	A	SCORE
I engage in work that offers personal satisfaction and enrichment	0	1	2	3	4	
I believe that I am able to contribute my knowledge, skills, and talents at work	0	1	2	3	4	
I seek out opportunities to improve my knowledge and skills	0	1	2	3	4	
I balance my social life and job responsibilities well	0	1	2	3	4	
I effectively handle my level of stress related to work responsibilities	0	1	2	3	4	
I make sure my workload is manageable	0	1	2	3	4	
I explore paid and/or volunteer opportunities that interest me	0	1	2	3	4	
CATEGORY 4 TOTAL						
FINANCIAL WELLNESS	N	R	S	O	A	SCORE
I maintain more than the minimum balances in a checking and savings account	0	1	2	3	4	
I regularly set money aside in an emergency fund	0	1	2	3	4	
I consistently save and pay cash for vacations, holiday gifts, etc.	0	1	2	3	4	
I understand my retirement benefits and plan accordingly	0	1	2	3	4	
I regularly prepare, monitor, and update a budget based on my net monthly income	0	1	2	3	4	
I compare prices when shopping for most items and purchase what I can reasonably afford	0	1	2	3	4	
I am confident about my finances and having enough money	0	1	2	3	4	
CATEGORY 5 TOTAL						

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SPIRITUAL WELLNESS	N	R	S	O	A	SCORE	
I take time to think about what is important in life (who I am, what I value, where I fit in)	0	1	2	3	4		
I find a balance between meeting my needs and the needs of others	0	1	2	3	4		
I engage in acts of caring and goodwill without expecting something in return	0	1	2	3	4		
I sympathize/empathize with those who are suffering and support them during hard times	0	1	2	3	4		
I set priorities in my life that are consistent with my values and reflected in my actions	0	1	2	3	4		
I am connected to something larger than myself (God, higher power, nature, community)	0	1	2	3	4		
I clearly envision a life that has purpose and meaning	0	1	2	3	4		
CATEGORY 6 TOTAL							
INTELLECTUAL WELLNESS	N	R	S	O	A	SCORE	
I am curious and interested in the communities, as well as the world, around me	0	1	2	3	4		
I search for learning opportunities and stimulating mental activities	0	1	2	3	4		
I manage my time well rather than my time managing me	0	1	2	3	4		
I brainstorm and share knowledge with others in group projects or tasks	0	1	2	3	4		
I enjoy learning about subjects other than those I'm required to know in my field of work	0	1	2	3	4		
I seek opportunities to learn practical skills to help others	0	1	2	3	4		
I critically consider the information presented by others and provide constructive feedback	0	1	2	3	4		
CATEGORY 7 TOTAL							
ENVIRONMENTAL WELLNESS	N	R	S	O	A	SCORE	
I recognize the impact of my actions on my environment	0	1	2	3	4		
I recognize the impact of my environment on my health	0	1	2	3	4		
I am aware of and make use of agency health, wellness, and safety resources	0	1	2	3	4		
I practice environmentally conscious behaviors (e.g., recycling)	0	1	2	3	4		
I seek out ways to improve the social environment at work	0	1	2	3	4		
I contribute toward making my environment a safer and healthier place	0	1	2	3	4		
I surround myself with people who support me in my journey of being healthy and well	0	1	2	3	4		
CATEGORY 8 TOTAL							
CALCULATE THE OVERALL PROFILE SCORE							
						CATEGORY 1 TOTAL	
						CATEGORY 2 TOTAL	
						CATEGORY 3 TOTAL	
						CATEGORY 4 TOTAL	
						CATEGORY 5 TOTAL	
						CATEGORY 6 TOTAL	
						CATEGORY 7 TOTAL	
						CATEGORY 8 TOTAL	
						OVERALL SCORE	

ASSESSMENT RESULTS:

- **VERY RESILIENT:** A score of 24 or more in any category, or an overall score of 190 or more
- **RESILIENT:** A score of 20 to 23 in any category, or an overall score of 160 to 189
- **SOMEWHAT RESILIENT:** A score of 15 to 19 in any category, or an overall score of 120 to 159
- **NOT VERY RESILIENT:** A score of under 15 in any category, or an overall score of under 120

The 8 Pillars of Wellness™

ACTION PLAN WORKSHEET

What action will you take to build each pillar, and when will you do it?

Pillar #1 – Physical Wellness
This is what I will do:
This is when I will start:
Pillar #2 – Social Wellness
This is what I will do:
This is when I will start:
Pillar #3 – Emotional Wellness
This is what I will do:
This is when I will start:
Pillar #4 – Occupational Wellness
This is what I will do:
This is when I will start:
Pillar #5 – Financial Wellness
This is what I will do:
This is when I will start:
Pillar #6 – Spiritual Wellness
This is what I will do:
This is when I will start:
Pillar #7 – Intellectual Wellness
This is what I will do:
This is when I will start:
Pillar #8 – Environmental Wellness
This is what I will do:
This is when I will start: