# Self-Assessment Worksheet: My Well-Being

Name: Blank Class: Blank Date: Blank

Respond to each statement in the following chart by circling the response that is most accurate for you. When you are done, add up your points. A score closer to 45 means that you do many of the things that will keep you healthy. Be sure to notice if you scored lower in some sections compared to others. If so, you may want to pay extra attention to those sections of this book.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| **Physical well-being** | | | |
| I am physically active most days of the week. | 3 | 2 | 1 |
| My body feels good and is free of pain most of the time. | 3 | 2 | 1 |
| I have the energy I need to do the things I want to do. | 3 | 2 | 1 |
| **Emotional well-being** | | | |
| I feel good about myself. | 3 | 2 | 1 |
| I feel happy most of the time. | 3 | 2 | 1 |
| I don’t usually feel stressed. | 3 | 2 | 1 |
| **Social well-being** | | | |
| I have friends I trust and like being with. | 3 | 2 | 1 |
| I am careful about what I post on social media. | 3 | 2 | 1 |
| I feel close to one or more members of my family. | 3 | 2 | 1 |
| **Spiritual well-being** | | | |
| I care for others and want them to be happy. | 3 | 2 | 1 |
| I value my life and believe that I matter. | 3 | 2 | 1 |
| I can feel hopeful even when things are hard. | 3 | 2 | 1 |
| **Intellectual well-being** | | | |
| I am curious about the world and ask questions. | 3 | 2 | 1 |
| I like to get facts and information when making decisions. | 3 | 2 | 1 |
| I like to learn new things. | 3 | 2 | 1 |

My score for My Well-Being = Blank (total number of points)