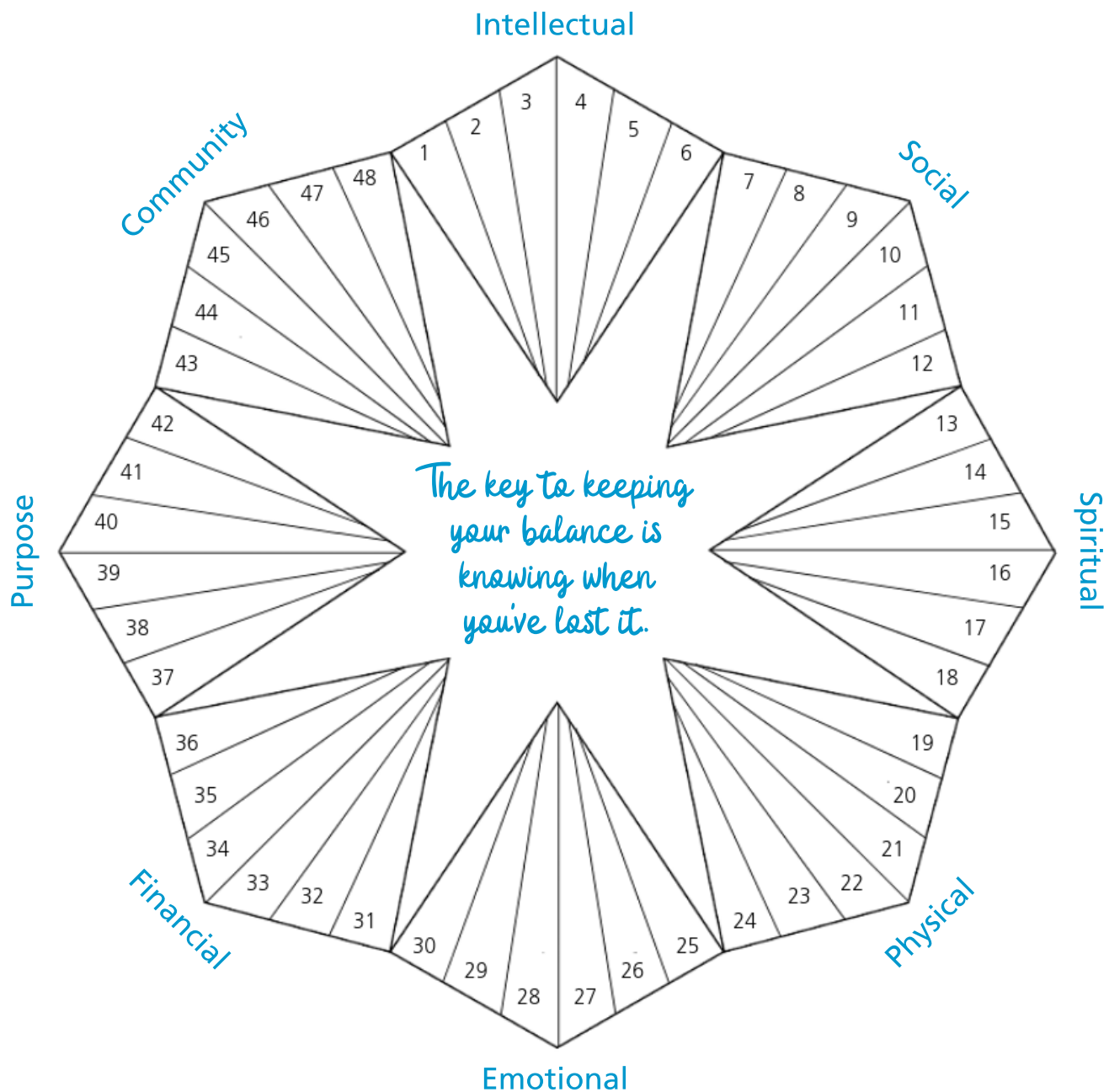


Assessing Your Wellbeing

Instructions: Read each statement on the following pages and fill in the corresponding section of the wheel to the degree you are achieving this. For example, question one is: "I enjoy learning new skills and information." If you feel this is the case 100% of the time, color in all of section one. If you feel you do this 50% of the time, color 50% of the section. Repeat for all 48 sections of the wheel.



Assessing Your Wellbeing

Statements for assessment:

Intellectual - Red

1. I enjoy learning new skills and information.
2. I have positive thoughts (low degree of negativity & cynicism).
3. I am generally satisfied with my vocation/major.
4. I commit time and energy to professional growth and self-development.
5. My work is stimulating, rewarding, and reflects my values.
6. I pursue mentally stimulating interests and hobbies.

Social - Orange

7. I have at least three people outside of my family with whom I have a close, trusting relationship.
8. I am able to resolve conflicts in all areas of my life.
9. I have satisfying social interactions with others.
10. I am aware and able to set and respect my own and others' boundaries.
11. I am aware of the feelings of others and can respond appropriately.
12. I have a sense of belonging to a group or within organizations.

Spiritual - Yellow

13. I have a sense of meaning and purpose in my life.
14. I have a general sense of serenity.
15. My beliefs are my own and reflect my ideas and values.
16. I practice prayer, meditation, or engage in some type of reflective growth.
17. Principles/ethics/morals provide guides for my life.
18. I trust others and am able to forgive others and myself.

Physical - Green

19. I eat a balanced, nutritional diet.
20. I exercise at least three times a week.
21. I take responsibility for my physical health.
22. I am generally free from illness.
23. I have annual check-ups and specific medical checks as prescribed.
24. If at all, I use alcohol or prescribed drugs responsibly and moderately. I do not use tobacco and/or nicotine products.

Assessing Your Wellbeing

Statements for assessment:

Emotional: Blue

- 25. I have a sense of control in my life and am able to adapt to change.
- 26. I perceive "problems" as opportunities for growth.
- 27. I am able to comfort or console myself when I am troubled.
- 28. I have a sense of fun and can laugh at myself.
- 29. Others would describe me as emotionally stable.
- 30. I believe I am responsible for my feelings and how I express them.

Financial: Purple

- 31. I live within my means and take responsibility for my financial decisions.
- 32. My spending and saving habits reflect my values and beliefs.
- 33. I actively plan for periods in my life when I may not have income.
- 34. I pay bills on time and positively manage credit.
- 35. I balance present-day spending with saving for the future.
- 36. I have similar financial beliefs and practices as those with whom I am close.

Purpose: Pink

- 37. I make use of my skills and talents each and every day.
- 38. I actively try to pursue vocations for a meaningful life.
- 39. I strive to be the best version of myself and honor my values.
- 40. I set goals that lead to satisfaction and fulfillment.
- 41. I feel a sense of meaning in the work that I do.
- 42. I feel admiration from my family, friends, and peers.

Community: Grey

- 43. I feel a sense of engagement in the area that I live.
- 44. I share similar passions and feel connected with the people around me.
- 45. I feel secure and accepted in my environment.
- 46. I am able to make strong connections with my peers.
- 47. I feel I have a positive impact on my environment.
- 48. I volunteer or try to give back in the area I live.

Visit ww.xavier.edu/wellbeing to find campus resources related to each dimension, plus practical ways to improve each dimension of wellbeing.