

# Assess Your Wellbeing

## Objective

To assess your wellbeing in eight different life areas.

## What to Know

Occasionally it is helpful to check in with how you are doing and develop an action plan for areas in your life you would like to strengthen. Here are eight different aspects of your wellbeing to consider:

1. Safety and Security
  - access to life necessities, like food, water, and shelter
  - free from emotional and physical harm
  - sense of control over surroundings
2. Relationships
  - ability to form and maintain supportive interpersonal connections
  - trust in others
  - ability to communicate needs
  - healthy communication skills
3. Environment
  - connection to nature
  - access to clean air and water
  - frequent exposure to plants and animals
  - availability of parks and other outdoor settings
  - balanced screen time
4. Mental Health
  - strong self-esteem, high level of confidence
  - ability to manage adversity, resiliency
  - ability to regulate emotions
  - ask for help when needed
5. Cognitive Health

- desire to learn
- engagement in activities that promote growth and curiosity
- time management and organization skills
- ability to manage responsibilities

6. Physical Health

- ability to care for body
- prevention and management of symptoms and illness
- appropriate use of healthcare services
- consistently choosing healthy behaviors

7. Community

- sense of belongingness and connection to people, cultures, and places
- accessible resources

8. Purpose

- recognition of place in the world
- connection to something larger than yourself
- religious or spiritual beliefs
- future orientation

**What to Do**

This assessment is a snapshot of your current level of wellbeing. Referring to each area above, mark the appropriate level for each aspect. Be as honest as possible. On the lines following each section, write down helpful information.

**Current Level – Safety and Security**

In Crisis

Just Surviving

Doing Okay

Doing Good

Doing Great







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**Current Level – Relationships**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Environment**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Mental Health**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Cognitive Health**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Physical Health**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Community**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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**Current Level – Purpose**

In Crisis      Just Surviving      Doing Okay      Doing Good      Doing Great

                                                                                      

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Place an asterisk or circle any areas where you are “in crisis.”

Next, answer the following questions.

Describe what wellbeing looks like in your life.

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What are “red flags” or warning signs that your wellbeing is out of balance?

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Who can help you reach the level of wellbeing you want? Write down at least three names.

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Choose one area you would like to work on. What specific steps do you have to take to achieve your desired level of wellbeing in that area? Perhaps you need to see a counselor, join a group, or make time for self-care. Use an additional piece of paper if you need more space.

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What challenges might make it difficult to have the level of wellbeing you want? For example, maybe you have trouble finding resources or asking for help.

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What resources will you need to help you reach your desired level of wellbeing? Resources might include money, time, or access to certain places.

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What resources do *you* have to make the changes you want to make?

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Changes sometimes takes time! What do you think is the right amount of time to work on making changes to enhance your wellbeing? Explain.

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Did this worksheet help you assess your current wellbeing in the eight different life areas? Why or why not?

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### **Reflections on This Exercise**

How helpful was this exercise? \_\_\_\_\_  
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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