

Well-being Self-Assessment Tool

Date: _____

Well-being encompasses various aspects of health, including physical, mental, social, spiritual, environmental, and financial dimensions, all of which are interconnected and collectively contribute to your overall quality of life. Together, these aspects form a holistic approach to living a balanced and fulfilling life.

This self-assessment tool is designed to help you evaluate your current well-being across these key areas. By reflecting on each aspect, you can gain insights into where you may be thriving and identify areas that may need more attention. For each category, rate yourself on a scale of 1 to 10, with 1 being "needs significant improvement" and 10 being "excellent."

Take a moment to consider each aspect of your life, and be honest with yourself in your ratings. This assessment is for your personal growth and development.

1. Physical Health

Physical health is the foundation of overall well-being. It involves taking care of your body through proper nutrition, regular exercise, adequate sleep, and hydration.

- **Nutrition:** Aim to consume a balanced diet with a variety of fruits, vegetables, lean proteins, and whole grains.
Action Step: Eat at least five servings of fruits and vegetables daily, and incorporate lean protein into at least two meals each day.
Score: _____/10
- **Exercise:** Engage in regular physical activity to maintain fitness.
Action Step: Aim for at least 150 minutes of moderate aerobic exercise, such as brisk walking or cycling, each week, and perform muscle-strengthening exercises, like weight training or bodyweight exercises, on two or more days.
Score: _____/10
- **Sleep:** Prioritize quality sleep to support overall health.
Action Step: Go to bed and wake up at the same time every day to ensure 7-9 hours of restful sleep each night.
Score: _____/10

- **Hydration:** Drink adequate water to maintain bodily functions.
Action Step: Consume about 8 cups (2 liters) of water daily, or carry a reusable water bottle and refill it at least twice a day.
Score: _____/10
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2. Mental Health

Mental health is essential for coping with life's challenges and maintaining emotional balance. It involves managing stress, engaging in mental stimulation, and practicing mindfulness.

- **Emotional Well-being:** Manage stress and emotions effectively.
Action Step: Practice a stress-reduction technique, such as deep breathing or journaling, for 10 minutes every day.
Score: _____/10
 - **Mental Stimulation:** Challenge your brain with new activities.
Action Step: Read for 30 minutes or complete a puzzle or brain game three times a week.
Score: _____/10
 - **Mindfulness and Meditation:** Incorporate mindfulness practices into your routine.
Action Step: Dedicate 10 minutes each morning to mindfulness or meditation exercises.
Score: _____/10
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3. Social Health

Social health involves building and maintaining meaningful relationships and engaging with your community. Strong social connections contribute to emotional support and a sense of belonging.

- **Relationships:** Build and maintain supportive relationships.
Action Step: Call or meet with a friend or family member at least once a week to strengthen your connections.
Score: _____/10
 - **Social Engagement:** Participate in community or social activities.
Action Step: Join a local club, group, or volunteer organization and attend at least one meeting or event each month.
Score: _____/10
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4. Environmental Health

Environmental health focuses on creating a safe, clean, and balanced living and working environment. This includes organizing your space and maintaining a healthy work-life balance.

- **Living Environment:** Create a safe and clean living space.
Action Step: Spend 30 minutes each week decluttering and organizing one area of your home.
Score: _____/10
 - **Work-Life Balance:** Manage time effectively to balance work and personal life.
Action Step: Set specific work hours and take a 15-minute break every 2 hours during the workday to recharge.
Score: _____/10
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5. Spiritual Health

Spiritual health is about finding purpose, meaning, and connection in life. It may involve religious beliefs, personal values, or practices that bring inner peace.

- **Purpose and Meaning:** Identify and nurture your sense of purpose.
Action Step: Dedicate 20 minutes each week to reflect on your values and long-term goals, and set one actionable step towards achieving them.
Score: _____/10
 - **Connection:** Connect with something greater than yourself.
Goal: Engage in a spiritual or reflective practice, such as prayer, meditation, or reading inspirational texts, for 15 minutes at least three times a week.
Score: _____/10
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6. Financial Health

Financial health involves managing your finances effectively to reduce stress and plan for the future. It includes budgeting, saving, and setting financial goals.

- **Financial Security:** Manage finances to reduce stress.
Action Step: Track your expenses for one month and create a budget based on your income and spending habits. Aim to save at least 10% of your income each month.
Score: _____/10

- **Planning and Budgeting:** Set financial goals and plan for the future.
Action Step 1: Review and adjust your financial plan every three months, including updating savings goals and debt repayment strategies.
Score: _____/10
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Final Reflection:

After completing this self-assessment, take a moment to reflect on your scores. Which areas are your strengths, and which could use more focus? **Your personal well-being is not just important—it's urgent.** Neglecting it stacks the odds against you, daily reducing your ability to achieve your goals and have a positive impact in both your personal and professional life.

To rebuild your life and establish good well-being habits, consider working with an **accountability partner**—such as a trusted friend or safe person who will hold you accountable to your weekly goals. Additionally, if you need to, seek professional help from a life coach, nutritionist, medical doctor, or mental health professional to support you on this journey.

Remember, this assessment is a tool for personal growth, and **small, consistent improvements can lead to significant positive changes in your well-being.** Make your well-being a priority today.

Resources

This section provides a starting point for further exploration of topics related to your well-being. The resources listed are intended to help you dive deeper into areas of interest. Please note that these resources have not been individually reviewed, and their inclusion here does not constitute an endorsement of the guidance offered. As you explore these materials, we encourage you to review the content critically and make choices based on your own assessment of what is most relevant and beneficial for your life.

1. Physical Health

Course: [Stanford Introduction to Food and Health](#)

Video: [The Science of Wellbeing by Yale University on YouTube](#)

Article: [10 Easy Ways to Improve Your Diet on Healthline](#)

2. Mental Health

Course: [The Science of Well-Being by Yale University on Coursera](#)

Video: [How to Stay Calm Under Pressure - TedEx](#)

Article: [10 Ways to Improve Your Mental Health on Verywell Mind](#)

3. Social Health

Course: [Improving Your Social Skills on LinkedIn Learning](#)

Video: [The Power of Human Connection by Sherry Turkle on TED](#)

Article: [The Importance of Social Connection for Mental Health on Psychology Today](#)

4. Environmental Health

Course: [Sustainable Development: The Future of Cities on edX](#)

Video: [Creating a Healthy Home Environment by The Home Depot on YouTube](#)

Article: [How to Create a Healthy Living Environment on Healthline](#)

5. Spiritual Health

Article: [How Spirituality Can Benefit Your Health and Wellbeing – Verywell Mind](#)

6. Financial Health

Course: [12 Best Free Online Personal Finance Courses](#)

Video: [How to Make Your First Budget \(At Any Income\) – The Financial Diet](#)

Article: [10 Ways to Improve Your Financial Health](#)