

NMU WellBeing Self-Assessment Score Sheet

Directions: Use this self-assessment tool to determine the wellbeing dimensions where you are thriving as well as those that may need greater attention. For each question, mark your answer on the google form. Write the point value assigned to each question (**1- Never, 2- Rarely, 3- Sometimes, 4- Usually**) below. Total your score for the section and use the guide on the back to interpret the scores.

Dimension/ Question	Physical	Emotional	Social	Intellectual	Career	Spiritual	Environmental	Financial
1								
2								
3								
4								
5								
6								
7								
Total								

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NMU WellBeing Self-Assessment Score Guide

WellBeing is not merely the absence of illness or distress – it is a lifelong process of making decisions to live a more balanced and meaningful life. There are always opportunities for enhancing your wellbeing. A good way to start is by evaluating your current state and establishing systems to guide you towards a fuller sense of wellbeing.

Scores of 20-28: Outstanding! Your answers demonstrate that you're already taking positive steps in this dimension of wellbeing. You're improving your own wellbeing and also setting a good example for those around you. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high.

Scores of 15-19: Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make to improve your score? Even a small change in behavior can help you achieve better health and well-being.

Scores of 14 and below: Your answers indicate some potential health and wellbeing risks. Review those areas where you scored lower and review available resources to help you develop and set achievable goals.

Now that you've identified areas of wellbeing you thrive in and those areas that may need greater attention through the Wellbeing Self-Assessment, start developing a wellbeing plan with concrete and realistic steps you can take towards healthier habits and better wellbeing. You can use our [Wellbeing Plan Creation Slides](#) to help spark ideas and guide you on your journey.

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