



Mini Wellness Assessment



How to Complete the Assessment



Take a few moments to find a quiet space to assess each area of wellness using the following criteria:

- 3 - I do this frequently
- 2 - I do this occasionally
- 1 - I do this rarely
- 0 - I never do this
- ? - I never thought about this area of self-care

Why do we need to assess our wellness?

The first step of creating sustainable wellness practices is taking a moment to have a quick check-in with ourselves.

The following mini-assessment will help us to identify areas where our current wellness practices are working well and identify areas that may no longer be serving us.

	Body
	Wear clothes that make me feel good about myself
	Eat regularly (eg. breakfast, lunch, and dinner)
	Get a full night sleep
	Access preventative medical care
	Engage in physical activities that spark joy
	Mind
	Engage in activities that comfort me
	Recognize my own strengths and achievements
	Actively minimizing stress in my life
	Engage my intelligence in a new area (eg. a new hobby)
	Engage in cognitive activities that cultivating joy, such as reading
	Soul
	Taking time for self-reflection
	Identify and prioritize things that give meaning in my life
	Spend Time in nature or spaces that bring calmness
	Take time for activities that spark inspiration
	Practice self-compassion
	Social
	Take time to talk with a trusted support network
	Spend time with friends and families
	Ask for help from loved ones when I need It
	Stay in contact with people most important in my life
	Only engage in social activities as they serve me
	Professional
	Take daily scheduled wellness breaks
	Arrange my workspace so it is comforting & comfortable
	Honor work/life boundaries (eg. check email only during work hours)
	Take meaningful time off from work to Replenish
	Utilize wellness and self-care plans