

Emotional Wellness Assessment

<https://wellness.illinoisstate.edu/downloads/living/Emotional%20Wellness%20Assessment.pdf>

	Almost Always	Sometimes	Very Seldom
1. I am able to develop and maintain close Relationships?	2	1	0
2. I accept responsibility for my actions.	2	1	0
3. I see challenges and change as opportunities For growth.	2	1	0
4. I feel good about myself.	2	1	0
5. I feel I have considerable control over my life.	2	1	0
6. I am able to appropriately cope with stress and Tension, and make time for leisure pursuits.	2	1	0
7. I am able to recognize my personal shortcomings and learn from my mistakes.	2	1	0
8. I am able to recognize and express my feelings.	2	1	0
9. I enjoy life.	2	1	0

Scoring

- 15-20 Points: You have excellent strength in this dimension! Make sure your daily activities are balanced between all dimensions.
- 9-14 Points: There is room for improvement. Challenge yourself to find three new things to try in order to improve your emotional wellness.
- 0-8 Points: This dimension needs a lot of work. What small steps can you take to begin to move towards growth? Remember, the goal is overall wellness and balance.