

******* EFFECTIVE DATE: 03/01/2025 *******

Clients will receive a signed copy of this agreement.

Adult Wellness Self-Assessment

Instructions: This self-assessment is designed to help you evaluate different aspects of your well-being. Answer each question honestly based on your current habits and feelings. Use the rating scale below:

1 - Never | 2 - Rarely | 3 - Sometimes | 4 - Often | 5 - Always

Physical Wellness:

1. I engage in physical activity for at least 30 minutes most days of the week.
2. I eat a balanced diet that includes fruits, vegetables, and whole foods.
3. I get at least 7-8 hours of sleep each night.
4. I drink enough water daily to stay hydrated.
5. I attend regular health check-ups and screenings.

Mental & Emotional Wellness:

6. I feel emotionally balanced and manage my emotions effectively.
7. I have healthy ways to cope with stress and anxiety.
8. I engage in activities that bring me joy and fulfillment.
9. I seek support from trusted friends, family, or professionals when needed.
10. I practice self-compassion and positive self-talk.

Stress Management & Relaxation:

11. I take time to relax and engage in stress-relieving activities.
12. I use mindfulness, meditation, or deep breathing techniques regularly.
13. I maintain a work-life balance that prevents burnout.
14. I set healthy boundaries in my personal and professional life.
15. I avoid overcommitting and allow myself to rest when needed.

Social & Environmental Wellness:

16. I have a supportive social circle that enhances my well-being.
17. I communicate my needs and feelings effectively with others.
18. I create and maintain a healthy living environment.
19. I engage in activities that support my community or align with my values.
20. I feel a sense of belonging in my relationships and environment.

Personal Growth & Purpose:

21. I set and work toward meaningful personal goals.

Adult Wellness Self-Assessment

22. I engage in lifelong learning and personal development.

23. I align my daily actions with my core values.

24. I feel fulfilled by my work, hobbies, or passions.

25. I have a clear sense of purpose in my life.

Scoring & Reflection:

- 100-125: Excellent wellness habits, keep up the great work!
- 75-99: Good wellness habits, but some areas may need improvement.
- 50-74: Consider focusing on self-care and making positive changes.
- Below 50: Prioritize your well-being and seek support as needed.

Signature: _____

Date: _____

This assessment is for personal reflection and not a substitute for professional medical or mental health advice.