

Quick Well-Being Assessment

While our genes control some of our health and well-being, we are in the driver's seat for at least 50% of our health, well-being, and quality of life. How well are you driving your mind, body, life, and work? Please rate yourself on 25 well-being items on a scale of 1 to 4 ("Rarely" to "Most of the time").

1 = Rarely 2 = Once in a while 3 = Half of the time 4 = Most of the time

Section 1: Mind

Rate each question using the scale above.

- _____ 1. I am fully present, attentive, and focused on the activity, task, meeting, or conversation in which I am engaged in the moment.
- _____ 2. When faced with stresses and roadblocks, I say to myself "I can handle this."
- _____ 3. I believe that I can accomplish whatever I set my mind and body to do.
- _____ 4. When obsessions or addictions arise, I work diligently on overcoming them, which includes getting help if I need it.
- _____ 5. I act thoughtfully on my positive and negative emotions when they pop up.
- _____ 6. I cultivate and enjoy positive feelings related to my past.
- _____ 7. I celebrate the present by savoring small pleasures in life.
- _____ 8. I am hopeful and optimistic about the future.
- _____ 9. I am able to bounce back quickly from setbacks.

Section 1: Body

Rate each question using the scale above.

- _____ 1. I put high octane fuel (healthy foods and drinks) in my tank.
- _____ 2. I exercise my body with vigor at least 3 days a week.
- _____ 3. My energy is high from morning to night.
- _____ 4. I am a competent boss of my weight.
- _____ 5. Most nights I get a good night's sleep.
- _____ 6. I get medical tests, seek medical advice, and manage any health issues and biological flaws.

_____7. I listen to and act thoughtfully on the signals that my body sends to me about what it needs.

Section 1: Life and Work

Rate each question using the scale above.

_____1. I have crafted a life that has meaning, a sense of purpose.

_____2. I use my top strengths most days.

_____3. I often express gratitude.

_____4. I do good deeds for others that aren't expected.

_____5. I connect with people who matter so they are part of my support system.

_____6. I plan and control my finances so they don't control me.

_____7. I make time to recharge my batteries, which could include having fun.

_____8. I view setbacks as learning opportunities.

_____9. I am knowledgeable and ever curious about the latest discoveries on optimizing well-being.

TOTAL: _____

SCORES

75 to 100: Master Well-being –An inspiring role model, supporting and encouraging others

65 to 74: Well-being – On the way to becoming a Master Well-being

55-64: Novice Well-being – On the way to becoming a Well-being

Below 55: Well-being in Training – Seek support and encouragement from other Well-beings