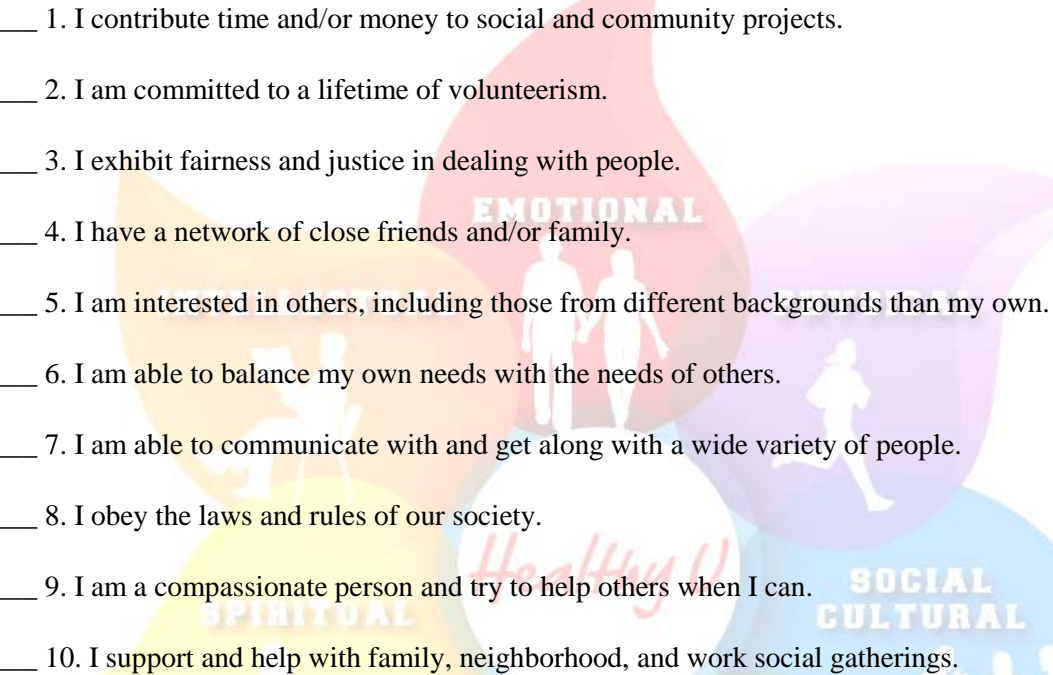


Social Wellness Assessment

The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points **Sometimes/occasionally = 1 point** **Very seldom = 0 points**

- 
- _____ 1. I contribute time and/or money to social and community projects.
- _____ 2. I am committed to a lifetime of volunteerism.
- _____ 3. I exhibit fairness and justice in dealing with people.
- _____ 4. I have a network of close friends and/or family.
- _____ 5. I am interested in others, including those from different backgrounds than my own.
- _____ 6. I am able to balance my own needs with the needs of others.
- _____ 7. I am able to communicate with and get along with a wide variety of people.
- _____ 8. I obey the laws and rules of our society.
- _____ 9. I am a compassionate person and try to help others when I can.
- _____ 10. I support and help with family, neighborhood, and work social gatherings.

_____ **Total** for Social Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.