

# Intellectual Wellness Assessment

The intellectual dimension of wellness involves embracing creativity and mental stimulation. Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

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- \_\_\_\_\_ 1. I am interested in learning new things.
- \_\_\_\_\_ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.
- \_\_\_\_\_ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- \_\_\_\_\_ 4. I carefully select movies and television programs.
- \_\_\_\_\_ 5. I enjoy creative and stimulating mental activities/games.
- \_\_\_\_\_ 6. I am happy with the amount and variety that I read.
- \_\_\_\_\_ 7. I make an effort to improve my verbal and written skills.
- \_\_\_\_\_ 8. A continuing education program is/will be important to me in my career.
- \_\_\_\_\_ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- \_\_\_\_\_ 10. I enjoy engaging in intellectual discussions.

\_\_\_\_\_ **Total** for Intellectual 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.