



LIVE WELL SELF ASSESSMENT WORKSHEET

Use this worksheet to write down your scores and set goals related to your wellness dimension of focus.

Wellness Dimension	Score (#/24)
Physical Wellness	
Emotional Wellness	
Intellectual Wellness	
Occupational Wellness	
Environmental Wellness	
Spiritual Wellness	
Financial Wellness	
Social Wellness	

List your TWO lowest scoring dimensions.

Which of these dimensions would you like to improve?

Insert your goal information

Specific Goal

What exactly do you want to achieve?

Measurable Outcome

How will you know when you've achieved it?

Achievable

Is this goal realistic given your current situation?

Relevant

How does this goal align with your broader goals?

Time-bound

What is your deadline for achieving this goal?

What benefits would you experience by setting and achieving this goal?

Identify one resource (from the dimension you are focusing on) that can help you achieve your goal (Consider tools, information, or people who can help).



Interpreting your scores and responses

How to interpret your scores in each dimension:

18-24: Awesome! It looks like you're already taking positive steps in this dimension to improve your health and wellbeing. Although you achieved a high overall score in this domain, you can still take the time to check for low scores to see if there are specific items you still want to address.

10-16: Your behaviors in this area are good, but there's room for some improvement. Take a look at the items where you scored lower.

What changes might you make to improve your score? Remember, even small changes can help you improve your health!

Less than 10: Your answers in this domain indicate some potential health and well-being risks. Review those areas where you scored lower and be sure to check out the resources available on nau.edu/livewell to help you develop this area of wellness.

Never	1 point*
Rarely	2 point*
Sometimes	3 point*
Usually	4 point*

*point system is simply used to calculate a score