



# RISE DIMENSIONS OF WELLNESS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

On the following four pages read each statement carefully and circle a response which best fits your lifestyle, using the scoring indicated in each chart:

Never = 1

Rarely = 2

Sometimes = 3


Usually = 4


After you have calculated the total value for each dimension, use the image to the right to fill in your own wellness wheel.

Each blue line represents 8 points; draw a line which represents your total score for the corresponding dimension. Shade in this region, starting at the RISE logo.







 <b>Physical Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I exercise for 20-60 minutes at least four times a week or 10,000 steps per day.	1	2	3	4
2. I eat a balanced diet which includes fruits and vegetables every day.	1	2	3	4
3. I actively limit the use of drugs, including tobacco, marijuana, etc.	1	2	3	4
4. I abstain from drinking alcohol or if I do drink, I keep my BAC $\leq$ 0.6.	1	2	3	4
5. I get an adequate amount (7-9 hours) of sleep most nights.	1	2	3	4
6. I practice safe sex (use a condom, get regularly tested, etc.) or practice abstinence.	1	2	3	4
7. I keep up with regular physicals, dental checkups, self-exams, etc.	1	2	3	4
8. I practice body positivity, thinking positive thoughts about my body and self-image.	1	2	3	4
<b>Physical Total</b> _____				


 <b>Emotional Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I have a well-developed sense of my own attitudes and values.	1	2	3	4
2. I am able to adapt and grow from challenges and change in a positive way.	1	2	3	4
3. I can appropriately cope with stress, tension, and anxiety.	1	2	3	4
4. I am able to recognize my feelings and express them in a non-confrontational way.	1	2	3	4
5. I can cope with feelings of sadness and worry in a healthy way.	1	2	3	4
6. I believe I have considerable control over my life.	1	2	3	4
7. I make decisions with ease, with minimal stress and worry.	1	2	3	4
8. I feel good about myself.	1	2	3	4
<b>Emotional Total</b> _____				




 <b>Educational Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I look forward to work/school.	1	2	3	4
2. I am happy with the balance between work/school time and leisure time.	1	2	3	4
3. The advantages of my career/school choice are consistent with my values.	1	2	3	4
4. My work/school gives me personal satisfaction and stimulation.	1	2	3	4
5. I am happy with the personal and professional growth provided by my job/school.	1	2	3	4
6. My job/major allows me to make good use of my talents.	1	2	3	4
7. I am happy with the amount of control I have at work/school.	1	2	3	4
8. My school/work contributes positively to my overall well-being.	1	2	3	4
<b>Educational Total</b> _____				


 <b>Social Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I am involved in at least one community group or participate in social activities.	1	2	3	4
2. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
3. I am able to balance my own needs with the needs of others.	1	2	3	4
4. I am a compassionate person who tries to help others and see good in them.	1	2	3	4
5. I am welcoming/accepting of the diversity of others.	1	2	3	4
6. I can lean on my social network when I need help and feel supported by them.	1	2	3	4
7. I have a sense of belonging in my community.	1	2	3	4
8. I choose partners/friends who respect my values, needs, and choices.	1	2	3	4
<b>Social Total</b> _____				




 <b>Spiritual Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I feel gratitude for the good things in life.	1	2	3	4
2. I know I have a right to be here: life is meaningful for me.	1	2	3	4
3. I can name my own personal values and describe my beliefs about life.	1	2	3	4
4. I take time to reflect on what's important to me and others.	1	2	3	4
5. When distressed, I can use my spiritual beliefs and values for direction.	1	2	3	4
6. I make conscious choices every day based on my personal values.	1	2	3	4
7. I am open to learn about others' beliefs and values, without conflict.	1	2	3	4
8. I have a strong sense of hope and optimism in my life.	1	2	3	4
<b>Spiritual Total</b> _____				

 <b>Intellectual Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I ask questions and enjoy learning from others.	1	2	3	4
2. I seek opportunities to learn new things.	1	2	3	4
3. I enjoy creative and stimulating activities.	1	2	3	4
4. I make an effort to improve my skills and use my talents.	1	2	3	4
5. My coursework is important to me and valuable for my career goals.	1	2	3	4
6. I enjoy engaging in intellectual discussions and sharing ideas with others.	1	2	3	4
7. I try to see more than one side of an issue.	1	2	3	4
8. I find my academic life fulfilling.	1	2	3	4
<b>Intellectual Total</b> _____				



 <b>Environmental Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I recognize the impact of my actions on the environment.	1	2	3	4
2. I reduce, reuse, and recycle products (glass, paper, plastic, etc.)	1	2	3	4
3. I consciously conserve energy (electricity, heat, etc.) and water at home and work.	1	2	3	4
4. I regularly clean my living and work environment.	1	2	3	4
5. I contribute to making my community a safer and healthier place.	1	2	3	4
6. I keep my home and workspace tidy and organized, avoiding clutter.	1	2	3	4
7. I do not litter.	1	2	3	4
8. I set aside time to enjoy nature.	1	2	3	4
<b>Environmental Total</b> _____				

 <b>Financial Dimension</b>	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Usually</b>
1. I do not worry or stress much about my finances.	1	2	3	4
2. I have money on hand to meet my current expenses.	1	2	3	4
3. I pay my bills on time and rarely or never get overdue notices.	1	2	3	4
4. I budget my funds efficiently, so I do not run out of money.	1	2	3	4
5. I know my total amount of debt, if any.	1	2	3	4
6. My savings are on track with my life goals.	1	2	3	4
7. I have people I can turn to for help with financial matters.	1	2	3	4
8. I am aware of sources for financial aid/have knowledge of financial resources.	1	2	3	4
<b>Financial Total</b> _____				



Write down your totals here to evaluate your degree of wellness for each dimension.

Dimension of Wellness	Ideal Score	Your Score	Degree of Wellness
Physical Wellness	32		
Emotional Wellness	32		
Educational Wellness	32		
Social Wellness	32		
Spiritual Wellness	32		
Intellectual Wellness	32		
Environmental Wellness	32		
Financial Wellness	32		

Score 25-32: High Degree of Wellness

Score 11-24: Mid-Range Degree of Wellness

Score 0-10: Low Degree of Wellness



Review your scoring for each dimension and individual statements. Select up to five statements with a lower score, you would like to focus on, that tend to impact your general wellness and may cause distress in your life. Write them in the box below.

Dimension of Wellness	Statement	Frequency

Select one of these five statements, one you are most ready and willing to work on and let's create a SMART goal.

Specific: what, where, when, etc.

Measurable: define a frequency or amount that can be measured or assessed.

Attainable: be honest with yourself...do you have the means and attitude to accomplish this goal?

Relevant: does this goal align with your values and vision of a well life?

Timely: by what date or deadline would you like to have accomplished this goal?

Goal: \_\_\_\_\_



Challenge Questions:

1. What does reaching this goal look like to you?
  
  
  
  
  
  
  
  
  
  
  
2. What are the benefits to you (and your community) for working on this behavior?
  
  
  
  
  
  
  
  
  
  
  
3. What could get in the way of achieving your goal? (internal and external factors)
  
  
  
  
  
  
  
  
  
  
  
4. What or who could help you achieve this goal?

Goal start date: \_\_\_\_\_





Select one of the five statements, one you are most ready and willing to work on and let's create a SMART goal.

Goal: \_\_\_\_\_

Specific: what, where, when, etc.

Measurable: define a frequency or amount that can be measured or assessed.

Attainable: be honest with yourself...do you have the means and attitude to accomplish this goal?

Relevant: does this goal align with your values and vision of a well life?

Timely: by what date or deadline would you like to have accomplished this goal?

Challenge Questions:

1. What does reaching this goal look like to you?
  
  
  
  
  
  
  
  
  
  
2. What are the benefits to you (and your community) for working on this behavior?
  
  
  
  
  
  
  
  
  
  
3. What could get in the way of achieving your goal? (internal and external)
  
  
  
  
  
  
  
  
  
  
4. What or who could help you achieve this goal?

Goal start date: \_\_\_\_\_