

Quickie 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 a 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

Mind

_____ 1. I am fully present, attentive, and focused on the activity, task, meeting, and /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.

_____ 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.

Body

_____ 1. I put high-octane fuel (Healthy foods and drinks in my tank).

_____ 2. I exercise my body with vigor at least three 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.

Life and Work

_____ 1. I have crafted a life that has meaning and 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 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.

Scores:

75-100 Master at well-being → an inspiring role model, supporting and encouraging Others

65-74 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

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