

# How is your Emotional Wellness?

Below are 8 items that you may agree with or disagree with. On a scale of 1 to 7, rate your level of agreement with each item, being honest and open with yourself.

- 7 Strongly Agree
- 6 Agree
- 5 Slightly Agree
- 4 Neither Agree or Disagree
- 3 Slightly disagree
- 2 Disagree
- 1 Strongly disagree

- \_\_\_\_\_ I feel satisfied with who I am and where I am in my life
- \_\_\_\_\_ I refuse to allow regrets and disappointments cloud “today”
- \_\_\_\_\_ I feel a strong sense of connection with others and do not feel isolated
- \_\_\_\_\_ I tend to think rationally and optimistically
- \_\_\_\_\_ I do not hold onto grudges and can forgive others for not living up to my expectations
- \_\_\_\_\_ I feel a great sense of control over my emotions, thoughts and feelings
- \_\_\_\_\_ I have a healthy sense of humor and can laugh at life’s imperfections
- \_\_\_\_\_ I feel more gratitude on how my life is now rather than focus on what’s lacking

Total your score here: \_\_\_\_\_

Emotional Wellness Range:

- 51-56 Emotional Wellness is extraordinary!
- 46- 50 High level of Emotional Wellness
- 40-46 Moderate level of Emotional Wellness
- 32-39 Emotional Wellness needs some boosting!
- 24-31 Emotional Wellness is posing problems for optimal health – needs work!
- 16-23 Needs improvement! Actively work on improving your Emotional Wellness.
- Below 15 Danger Zone! Don’t wait to get professional help for your Emotional Wellness!



**Judith Belmont** M.S., L.P.C.

Wellness Speaker/Author/Coach  
Belmont Wellness  
[www.belmontwellness.com](http://www.belmontwellness.com)  
[judy@belmontwellness.com](mailto:judy@belmontwellness.com)  
610-437-6151