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!