



How is Your Emotional Wellness?

NAME: _____ DATE: _____

Below are 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 — Moderately Agree
- 5 — Slightly Agree
- 4 — Neither Agree or Disagree
- 3 — Slightly Disagree
- 2 — Moderately Disagree
- 1 — Strongly Disagree

_____ I feel satisfied with the person I am and practice self-compassion.

_____ I do not allow regrets and disappointments to interfere with "today."

_____ I am very connected with others and do not feel isolated.

_____ I am generally a rational and optimistic thinker.

_____ I refuse to hold grudges and am able to be forgiving.

_____ I feel in control of my emotions, thoughts and feelings.

_____ I enjoy a healthy sense of humor and am able to laugh at life's shortcomings.

_____ I am grateful for how my life is currently, without focusing on what is lacking.

Total your score here: _____

51-56 — Emotional Wellness is extraordinary!

46-50 — High Level of Emotional Wellness.

40-45 — Moderate Level of Emotional Wellness.

32-39 — Emotional Wellness needs some boosting!

24-31 — Emotional Wellness is posing problem for emotional health - needs attention!

16-23 — Needs improvement! Actively work on improving your Emotional Wellness.

Below 15 — Danger Zone! It is critical to get professional help for emotional health