

# People Biz, Inc. | Health Works

## WELL-BEING ASSESSMENT

Welcome! We look forward to speaking with you about the possibility of participating in Health Coaching. This assessment is designed to raise your awareness of your well-being strengths and weaknesses. This prepares you for a valuable complimentary session with your Health coach. Once you have completed your assessment, you can send it electronically using the Submit button at the top of this form.

Name: \_\_\_\_\_

1. Have you ever had a coach? \_\_\_\_\_

2. Why are you interested in a Health coach?

3. Fast forward to one year from today. What has to happen for you to say, “Wow, I am so healthy”?

### Well-Being Assessment - Complimentary Consultation

Many of us recognize the importance of well-being, but find it easy to get caught up in our busy schedules and neglect some of our needs.

In order to assess your level of well-being, rate each of the following dimensions. Check the box beside the number that best describes you.

### Physical Health

	Rarely, If <u>Ever</u>	<u>Sometimes</u>	Most of the <u>time</u>	<u>Always</u>
1. I maintain a desirable weight.	1	2	3	4
2. I engage in vigorous exercises, such as brisk walking.	1	2	3	4
3. I do exercises designed to strengthen my muscles and joints.	1	2	3	4
4. I warm up and cool down by stretching before and after vigorous exercise.	1	2	3	4
5. I feel good about the condition of my body.	1	2	3	4
6. I get 7 to 9 hours of sleep each night.	1	2	3	4
7. My immune system is strong, and I am able to avoid most infectious diseases.	1	2	3	4
8. My body heals itself quickly when I get sick or injured.	1	2	3	4
9. I have lots of energy and can get through the day without being overly tired.	1	2	3	4
10. I listen to my body. When there is something wrong I seek professional advice and support.	1	2	3	4

### Emotional Health

	Rarely, If <u>Ever</u>	<u>Sometimes</u>	Most of the <u>time</u>	<u>Always</u>
1. I find it easy to laugh about things that happen in my life.	1	2	3	4

2. I avoid using alcohol as a means of helping me forget my problems.	1	2	3	4
3. I can express my feelings without feeling silly.	1	2	3	4
4. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.	1	2	3	4
5. I rarely worry.	1	2	3	4
6. I recognize when I am stressed and take steps to relax through exercise, quiet time, or other activities.	1	2	3	4
7. I feel good about myself and believe others really like me for who I am.	1	2	3	4
8. When I am upset, I talk to others and/or actively try to work through my emotions.	1	2	3	4
9. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
10. My friends regard me as a stable, emotionally well-adjusted person.	1	2	3	4

**Social Health**

		Rarely, If <u>Ever</u>	<u>Sometimes</u>	Most of the <u>time</u>	<u>Always</u>
1. When I meet people, I feel good about the impression I make on them.	1		2	3	4
2. I am open, honest, and get along well with other people.	1		2	3	4
3. I participate in a wide variety of social activities and enjoy being with people who are different than me.	1		2	3	4

4. I try to be a “better person” and work on behaviors that have caused problems in my interactions with others.	1	2	3	4
5. I get along well with the members of my family.	1	2	3	4
6. I am a good listener.	1	2	3	4
7. I am open and accessible to a loving and responsible relationship.	1	2	3	4
8. I have someone I can talk to about my private feelings.	1	2	3	4
9. I consider the feelings of others and do not act in hurtful or selfish ways.	1	2	3	4
10. I consider how what I say might be perceived by others before I speak.	1	2	3	4

**Spiritual Health**

	Rarely, If <u>Ever</u>	<u>Sometimes</u>	Most of the <u>time</u>	<u>Always</u>
1. I believe life is a precious gift that should be nurtured.	1	2	3	4
2. I take time to enjoy nature and the beauty around me.	1	2	3	4
3. I take time alone to think about what’s important in life—who I am, what I value, where I fit in, and where I’m going.	1	2	3	4
4. I have belief in the importance of things beyond myself.	1	2	3	4
5. I engage in acts of caring and good will without expecting something in return.	1	2	3	4

6. I have compassion for those who are suffering and try to help them through difficult times.	1	2	3	4
7. I feel confident that I have touched the lives of others in a positive way.	1	2	3	4
8. I work for peace in my interpersonal relationships, in my community, and in the world at large.	1	2	3	4
9. I am content with who I am.	1	2	3	4
10. I go for the gusto and experience life to the fullest.	1	2	3	4

**Mental Health**

	Rarely, If <u>Ever</u>	<u>Sometimes</u>	Most of the <u>time</u>	<u>Always</u>
1. I rarely worry. 2.	1	2	3	4
2. I can sit and be still without feeling like I have to do something.	1	2	3	4
3. I am not concerned with what people think of me.	1	2	3	4
4. I rarely criticize myself or others.	1	2	3	4
5. I remain curious even when I think I am right.	1	2	3	4
6. I understand that just because I think something doesn't make it true.	1	2	3	4
7. I do not get caught up in the drama of others.	1	2	3	4
8. I find listening easy.	1	2	3	4

9. I do not overanalyze issues.                      1                      2                      3                      4
10. I sometimes make intuitive choices.                      1                      2                      3                      4

**Personal Checklist**

Total your scores in each of the dimensions and compare it to the ideal score. Which areas do you need to work on? How does your score compare with how you rated yourself in the questionnaire?

	Ideal Score	Your Score
Physical Health	40	
Emotional Health	40	
Social Health	40	
Spiritual Health	40	
Mental Health	40	

**What Your Scores Mean**

**Scores 35-40:** Outstanding! Your answers show that you are aware of the importance of this area to your overall well-being. More importantly, you are putting your knowledge to work for you by practicing good well-being habits. It’s likely that you are setting an example for your family and friends to follow. Although you received a very high score on this part of the test, you may want to consider other areas where your scores could be improved.

**Scores of 30-35:** Your well-being practices in this area are good, but there is room for improvement. Look again at the items you answered that scored one or two points. What changes could you make to improve your score? Even a small change in behavior can often help you achieve greater well-being.

**Scores of 20-30:** You have some well-being risks. You may benefit from more information about the challenges that you are facing. Perhaps you need help in deciding how to make the changes you desire.

**Scores below 20:** You may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them.

Are you ready to be and feel completely well?

Focus on what would make the biggest difference with your Health Coach in your Complimentary Session.