

Coaching Assessment: Adapted from Princeton Umatter Wellness Self-Assessment

Instructions:				
Answer all questions below. Use an "x" to make your selection. (one "x" per question)				
	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. <i>Example Question: Do you always read directions?</i>				x

Emotional Wellness:				
Understanding your own feelings and expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges				
	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I find it easy to express my emotions in positive, constructive ways				
2. I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation)				
3. I am resilient and can bounce back after a disappointment or problem				
4. I am able to maintain a balance of work, family, friends and other obligations				
5. I am flexible and adapt or adjust to change in a positive way				
6. I am able to make decisions with minimal stress or worry				
7. When I am angry, I try to let others know in non-confrontational or non-hurtful ways				
			Total	0

Environmental Wellness:				
Recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others				
	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I recognize the impact of my actions on my environment				
2. I recognize the impact of my environment on my health				
3. I am aware of and make use of wellness, health and safety resources				
4. I practice environmentally conscious behaviors (e.g., recycling)				
5. I seek out ways to improve the social environment				
6. I contribute towards making my environment a safer and healthier place				
7. I surround myself with people who support me in my journey of being healthy and well				
			Total	0

Intellectual Wellness:				
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Engaging in creative and mentally-stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I am curious and interested in the communities, as well as the world, around me				
2. I search for learning opportunities and stimulating mental activities				
3. I manage my time well, rather than it managing me				
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks				
5. I enjoy learning about subjects other than those I am required to study/in my field of work				
6. I seek opportunities to learn practical skills to help others				
7. I can critically consider the opinions and information presented by others and provide constructive feedback				
			Total	0

Occupational Wellness:

Getting personal fulfillment from your job or academic pursuits, and contributing to knowledge and skills, while maintaining a work-life balance

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I get personal satisfaction and enrichment from work				
2. I believe that I am able to contribute my knowledge, skills, and talents at work				
3. I seek out opportunities to improve my knowledge or skills				
4. I balance my social life and job responsibilities well				
5. I effectively handle my level of stress related to work responsibilities				
6. My work load is manageable				
7. I explore paid and/or volunteer opportunities that interest me				
			Total	0

Physical Wellness:

Making choices to avoid harmful habits and practice behaviors that support your physical body, health and safety

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I engage in physical exercise regularly (e.g., 30 mins at least 5x a week or 10,000 steps a day).				
2. I get 6-8 hours of sleep each night				
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, wear a mask, etc.)				
4. I abstain from drinking alcohol; or if I do drink, I aim to keep my BAC < .06				
5. I avoid using tobacco products or other drugs				
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains)				

7. I get regular physical exams (i.e., annual, when I have atypical symptoms)				
Total				0

Social Wellness:

Building and maintaining a diversity of supportive relationships, and dealing effectively with interpersonal conflict

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others				
2. In my romantic or sexual relationships, I choose partner(s) who respect my wants, needs, and choices				
3. I feel supported and respected in my close relationships				
4. I communicate effectively with others, share my views and listen to those of others				
5. I consider the feelings of others and do not act in hurtful/selfish ways				
6. I try to see good in my friends and do whatever I can to support them				
7. I participate in a wide variety of social activities and find opportunities to form new relationships				
Total				0

Spiritual Wellness:

Having beliefs and values that provide a sense of purpose and help give meaning and purpose to your life, and acting in alignment with those beliefs

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)
1. I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going				
2. I have found a balance between meeting my needs and those of others				
3. I engage in acts of caring and goodwill without expecting something in return				
4. I sympathize/empathize with those who are suffering and try to help them through difficult times				
5. My values are true priorities in my life and are reflected in my actions				
6. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community)				
7. I feel like my life has purpose and meaning				
Total				0

Calculate Your Score



Wellness Dimension	Ideal Score	Your Score
Emotional Wellness	28	0
Enviromental Wellness	28	0

Intellectual Wellness	28	0
Occupational Wellness	28	0
Physical Wellness	28	0
Social Wellness	28	0
Spiritual Wellness	28	0