

Multidimensional Profiles Self Assessment



Each of us has countless dimensions that constitute our sense of self. Looking at wellness with an integrated approach best serves our quest for overall wellness. Seven useful Profiles/Dimensions found on the Wellness Wheel are provided in this Self Assessment. Take the test, determine your average, map out your results and see which area of wellness you need to improve. Your wheel should be as round as possible in order for you to “roll along” happily and minimize “bumps” in your path.

“Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.” – National Wellness Institute

Occupational Wellness:

Dimensions related to sources of personal satisfaction, self-expression, enjoyment, professional development and relaxation.

Low Satisfaction.....High Satisfaction

- A. Hobbies (pets, painting, reading, gardening, surfing the net, woodworking etc.)
- B. Volunteerism (schools, churches, hospitals, shelters, local government, sports, service organizations)
- C. Cultural (concerts, performances, art shows, etc.)
- D. Travel

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Physical Wellness:

Dimensions related to maintaining a healthy body and seeking care when needed.

Low Satisfaction.....High Satisfaction

- A. Diet and Nutrition (healthy eating habits)
- B. Exercise (regularity and intensity)
- C. Appearance (aspects within your control)
- D. Stress Management (ability to reduce/cope with stress)
- E. General Health (maintaining medical care)

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Spiritual Wellness:

Dimensions related to sources of values and inspiration.

Low Satisfaction.....High Satisfaction

- A. Level of Spirituality (sense of meaning and purpose)
- B. Commitment to Core Values (living in harmony w/ values)
- C. Maintaining or Deepening Spirituality (meditation, prayer, attending a place of worship, connecting with nature, etc.)

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Environmental Wellness:

Dimensions related to the space in which you live, encouraging you to respect the delicate balance between the environment and ourselves.

Low Satisfaction.....High Satisfaction

- A. Geographical Preference (general atmosphere, proximity to friends and family)
- B. Compatibility with Financial Resources
- C. Suitability and Appreciation of Residence
- D. Access to Resources and Preferred Activities
- E. Weather

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Social Wellness:

Dimensions related to relationships. Helps you perform social roles effectively and comfortably, and create a support network.

Low Satisfaction.....High Satisfaction

- A. *Quality* of Interactions with Family Members
- B. *Quantity* of Interactions with Family Members
- C. *Quality* of Interactions with Others
- D. *Quantity* of Interactions with Others
- E. Group Affiliations (developing/maintaining involvement)

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Intellectual Wellness:

Dimensions related to having an open mind when you encounter new ideas and continuing to expand your knowledge.

Low Satisfaction.....High Satisfaction

- A. Participation in Continuous Learning
- B. Participation in Mentally Stimulating Activities
- C. Learning A New Task or Skill
- D. Bravery

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Emotional Wellness:

Dimensions related to understanding your feelings and coping effectively with stress.

Low Satisfaction.....High Satisfaction

- A. Appreciation and Gratitude
- B. Living in the Present Moment Wisely and Earnestly
- C. Expression of Feelings (positive and negative)
- D. Self-Esteem (feeling good about yourself)
- E. Self-Efficacy (feeling competent)
- F. Adaptability and Resilience (coping, welcoming change)
- G. Outlook and Personal Control (belief in ability to positively impact my future)

0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10
0	2	4	6	8	10

Average Score: _____

Multidimensional Self...Are you in balance?

