



**Moorestown**  
INTEGRATIVE WELLNESS

## Purpose Driven Wellness- Self Assessment

For each of the items below choose from the following

Strongly disagree=1      Disagree=2      Neutral =3      Agree =4      Strongly agree=5

**Purpose:** I feel like my life has purpose and meaning

1      2      3      4      5

**Sleep:** I sleep a minimum of 8 hours a night and feel well rested

1      2      3      4      5

**Nutrition:** I eat at least 6 servings of fruits and vegetables a day

1      2      3      4      5

**Exercise:** I am physically active for at least 150 minutes a week (getting heart rate up or doing some form of resistance/strength training)

1      2      3      4      5

**Self Regulation:** I am able to manage my emotions in a way that does not result in me feeling overwhelmed or causing conflict with those around me

1      2      3      4      5

**Relationships:** I have friends or family that I can count on and that I regularly spend time with

1      2      3      4      5

**Faith:** I have faith in myself or a higher power which helps me cope with stress

1      2      3      4      5

**Fun:** I have fun and find joy in my everyday life

1      2      3      4      5

**Lifelong learning:** I am actively learning in some capacity; be it intellectual, artistic or a new skill or ability.

1    2    3    4    5

**Purpose Driven Wellness:** I can connect the different aspects of wellness with what gives my life purpose or meaning

1    2    3    4    5

**Add for total score** \_\_\_\_\_

10-18: You may be at risk for some chronic illness, feel tired, fatigued and run down

19-26: Support recommended to improve quality of life and reduce risk of disease

27-34: You may not be experiencing any health concerns at this time but are not feeling or performing at your best.

35-42: You are likely able to experience considerable stress without being overwhelmed and may be feeling healthy physically and emotionally

43-50: You are engaging in behaviors and making choices that have been shown to reduce risk of disease, increase longevity and lead to optimal wellness! Well done!

