

Measuring My Emotional Wellness

DIRECTIONS: Complete the following rating sheet to measure your emotional wellness practices by circling the number under the column that most represents your approach to each situational phrase. Answer the questions at the end of the rating exercise in an honest and self-reflective manner.

	Never	Sometimes	Always
Brighten Your Outlook:			
Do I look for the positives in situations?	1	3	5
Do I try to see the best in others and not the worst?	1	3	5
When others are successful, am I genuinely happy for them?	1	3	5
Reduce Stress:			
Do I trust myself to be able to reduce my own stress?	1	3	5
Do I know how to keep stress from getting out of control?	1	3	5
When I feel anxious, do I feel like I can manage the anxiety?	1	3	5
Get quality sleep, exercise, and a balanced diet:			
Am I actively trying to get an adequate amount of sleep every night?	1	3	5
Do I turn off my phone several hours before bedtime?	1	3	5
Do I try to maintain a healthy diet?	1	3	5
Am I exercising daily in some way?	1	3	5
Strengthen social connections:			
Am I looking out for my friends and their best interest?	1	3	5
Am I intentionally working to strengthen the relationships that I have?	1	3	5
Am I mindful of the type of energy (positive or negative) certain people bring into my life?	1	3	5
Be mindful:			
Do I understand why I feel the emotions that I feel?	1	3	5
Can I stop myself from overthinking?	1	3	5
Can I avoid getting distracted when talking with others?	1	3	5
Cope with loss:			
Do I allow myself to be sad when necessary?	1	3	5
Do I seek the help of others when I grieve?	1	3	5
Am I able to take care of myself when I'm sad?	1	3	5
When the time comes, am I able to pull myself out of that sadness?	1	3	5
Accept mistakes/failures:			
Am I able to forgive myself and move on when I make a mistake?	1	3	5
Do I look at mistakes and failures as lessons that I can learn from?	1	3	5

For each of the categories listed in the rating worksheet, add the points you circled for each situational phrase within that section and write the total below.

Brighten Your Outlook: _____ / 15

Reduce Stress: _____ / 15

Sleep, Exercise, Diet: _____ / 20

Social Connections: _____ / 15

Be Mindful: _____ / 15

Cope with Loss: _____ / 20

Accept Mistakes: _____ / 10

Overall (all combined): _____ / 110

Were there any categories in which you achieved a perfect score?

In which two categories did you score the highest overall?

In which two categories did you score the lowest? Why do you think this is?

For your two lowest scoring categories, write three goals for how you plan to improve your emotional wellness in each of those areas: