

Personal Social Wellness Assessment

	Rarely, if ever	Sometimes	Most of the time	Always
1 I am involved in at least one university or community group.	1	2	3	4
2 I plan time with family and friends.	1	2	3	4
3 I enjoy the time I spend with others.	1	2	3	4
4 I respect the diversity of others.	1	2	3	4
5 I give priority to my own needs by saying 'no' to other's requests of me when applicable.	1	2	3	4
6 I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
7 I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.	1	2	3	4
8 I have someone I can talk to about my private feelings.	1	2	3	4
9 I consider how what I say might be perceived by others before I speak.	1	2	3	4
10 I give and take equally in cooperative relationships.	1	2	3	4
Total				
Maximum Score: 40				

After completing this assessment I was surprised to learn:

I was disappointed that:

Things I am currently doing to help improve my physical wellness are:

Things that I will do differently or change to make my physical wellness a priority are:
