

# UBwell



## Personal Occupational Wellness Assessment

	Rarely, if ever	Sometimes	Most of the time	Always
1 I balance work with play and other aspects of my	1	2	3	4
2 I take advantage of opportunities to learn new skills, which will enhance my future employment	1	2	3	4
3 I know what skills are necessary for the occupations I am interested in.	1	2	3	4
4 I strive to develop good work habits.	1	2	3	4
5 Enjoyment is a consideration I use when choosing a possible career.	1	2	3	4
6 I work effectively with others.	1	2	3	4
7 I am developing the necessary skills to achieve my career goals.	1	2	3	4
8 I have confidence in my job search skills.	1	2	3	4
9 I have explored different career options.	1	2	3	4
10 I know where to find employment if needed.	1	2	3	4
Total				
Maximum Score: 40				

After completing this assessment I was surprised to learn:

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I was disappointed that:

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

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

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