

Occupational Well-being

	T	F
1) I am able to let go of frustrating or challenging situations over which I know I have no control, <b>and</b> such situations do not steal from the enjoyment of my life apart from school.		
2) I am confident in my knowledge of my content areas <b>and</b> my ability to teach it to my grade level.		
3) I am generally satisfied with my vocation as an educator.		
4) I am satisfied with the relational environment and community among my colleagues on my campus.		
5) I commit energy and time to professional and self-development, both on campus and at home.		
6) I access resources (e.g., books, videos, other professionals) to improve my performance as a professional on campus.		
7) I read more than ten books a year.		
8) I am happy with the balance between my work and leisure time.		
9) I adapt to change without complaining or blaming.		
10) My time on campus is generally characterized by positive thought.		
Total Number of TRUE Responses		

Emotional Well-being

	T	F
11) I harbor no unforgiveness in past or present <b>personal</b> relationships.		
12) I harbor no unforgiveness in past or present <b>professional</b> relationships.		
13) I have a positive self-image, <b>and</b> I have forgiven myself for all my past mistakes.		
14) I have requested forgiveness and sought to make amends in all relationships in which I know I've offended someone.		
15) I seldom experience periods of depression or significant anxiety.		
16) I am able to appropriately experience <b>and</b> express anger, happiness, sadness, and fear.		
17) I stick up for myself when necessary and am not a "doormat."		
18) I do not use strong emotion such as anger or fear to injure others by speaking ill of them, criticizing them, attacking them, etc.		
19) I do not use strong emotion such as anger or fear to withdraw from my responsibilities, blame others or refuse to accept my wrongdoing.		
20) I seek help and support when I need it.		
Total Number of TRUE Responses		

Financial Well-being

	T	F
21) My monthly income is budgeted to account for all expenditures, <b>and</b> I am faithful to that budget.		
22) I am not living on a paycheck-to-paycheck basis.		
23) I am satisfied with my current financial status.		
24) I have reserve finances to cover a) an immediate \$1,000 financial emergency and b) three-month's salary.		
25) I am confident about my knowledge of and ability to productively manage my income.		
26) I have less than \$1,000 of outstanding consumer debt (e.g., credit cards, car loan, etc.).		
27) I am confident about being on track for a financially-successful retirement.		
28) I regularly give some percentage of my income to a cause of my choice (e.g., religious, non-profit, etc.).		
29) In the past week, I have not experienced stress about my finances in general.		
30) I have read at least five books to educate myself about how to manage my personal finances effectively.		
Total Number of TRUE Responses		

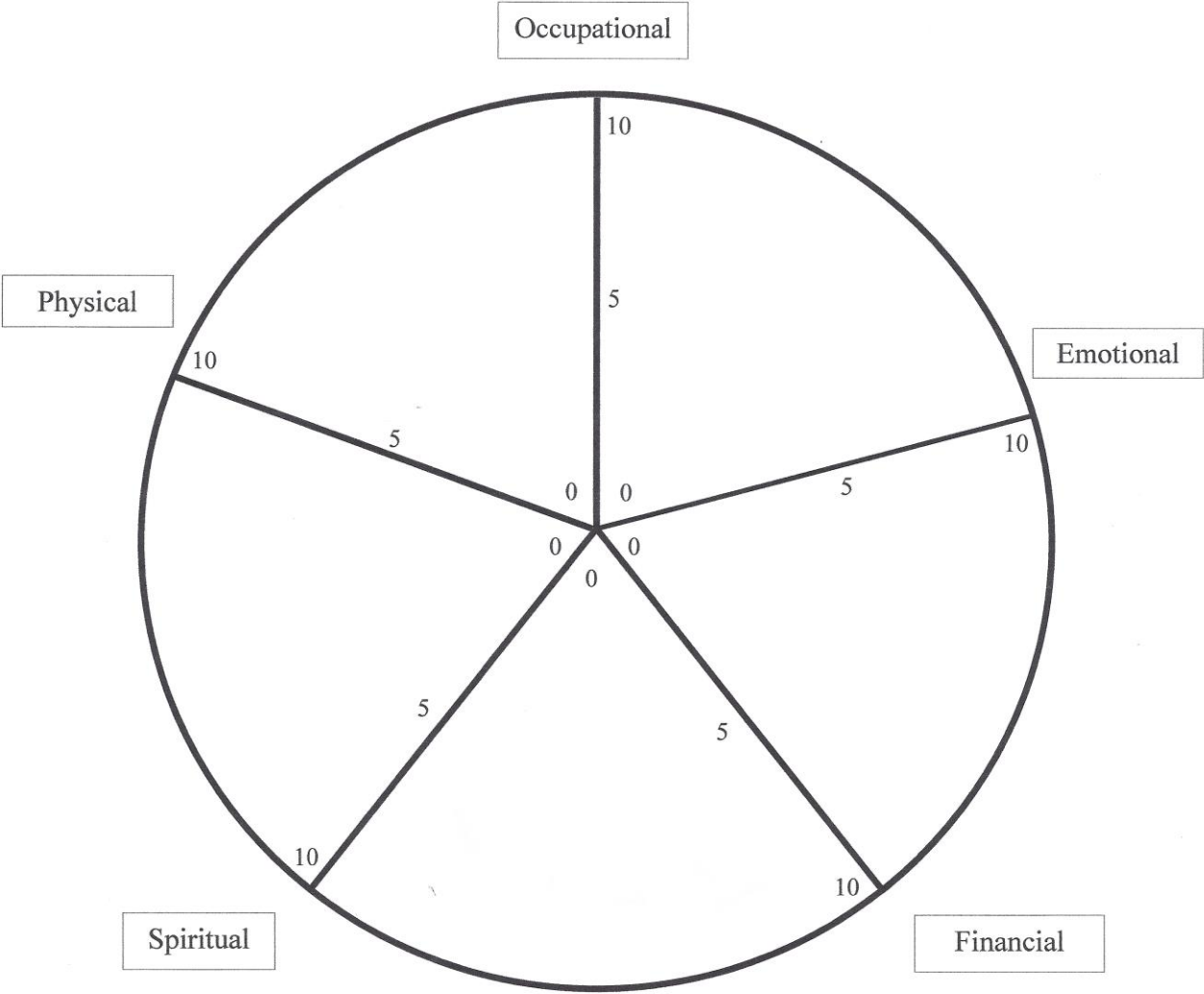
Spiritual Well-being

	T	F
31) I have a personal belief system (e.g., spiritual, atheist, religious, philosophical, etc.).		
32) I have a sense of belonging, meaning and purpose about my role as an educator.		
33) I am able to forgive myself and others.		
34) I participate regularly in activities with people who share my beliefs.		
35) I accept my limitations without embarrassment or apology.		
36) I practice asking trusted others about areas in my life that might need improvement or attention <b>and</b> I take necessary steps for improvement when it is needed.		
37) I freely give to others my time, money, emotional energy, and other resources.		
38) I continually explore how my personal beliefs, values, and priorities determine both my work ethic on the campus and my professional decision-making.		
39) I keep the purpose of my life clearly in mind and let it guide my decision-making.		
40) I prioritize maintaining balance among all areas of my life. (spiritual, physical, relational, emotional, and occupational).		
Total Number of TRUE Responses		

Physical Well-being

	T	F
41) I have exercised vigorously for twenty minutes for at least four of the past seven days.		
42) I eat a well-balanced and wholesome diet and follow healthy eating habits.		
43) I fall into the appropriate weight category for someone my height and sex (Use Resource 1 in the back of the book to calculate your Body Mass Index. The results probably will surprise you).		
44) I am satisfied with my current energy level.		
45) I drink less than eight ounces of caffeinated drink per day.		
46) I avoid smoking cigarettes, cigars, or a pipe.		
47) I generally get adequate and satisfying sleep, and I wake up refreshed.		
48) I follow recommended preventive health practices, such as self-examination and blood pressure checks.		
49) I am satisfied with my ability to relax without using excessive alcohol or tobacco.		
50) I am generally free from chronic or on-going illness.		
<b>Total Number of TRUE Responses</b>		

# The Wellness Wheel



TOTALS

1. Occupational _____	4. Spiritual _____
2. Emotional _____	5. Physical _____
3. Financial _____	



1. My **Sage** (who offers me direction) is \_\_\_\_\_

\_\_\_\_\_



2. My **Hero** (who offers me correction) is \_\_\_\_\_

\_\_\_\_\_



3. My **Caregiver** (who offers me protection) is \_\_\_\_\_

\_\_\_\_\_



4. My **Everyman** (who offers me connection) is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I can be my own **Sage**. I have wisdom. These are three excellent decisions I've made:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_



I can be my own **Hero**. I demand excellence from myself. These are three amazing things I've accomplished:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_



I can be my own **Caregiver**. I have value. These are three things that fill my cup:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_



I can be my own **Everyman**. I have self-acceptance. These are three things I love about myself:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

