COLORADO AWARE
Advancing Wellness and Resilience in Education

Well-Being Quiz

Score yourself for each of the questions below using the rating scale to the right. Write the value in the blank. Total will auto-calculate.

5 - Almost Always True
4 - True Most of the Time
3 - Sometimes True
2 - Rarely True
1 - Hardly Ever True

Select 1. I take time for myself every day

Select 2. I make time for my spirituality (in any form) mindfulness, or religious discipline

Select 3. I limit the amount of television I watch each day

Select 4. I limit the amount of facebook/internet surfing I do each day

Select 5. I exercise 5 days per wk for 30min

Select 6. I drink 6-8 glasses of water per day

Select 7. I take care of my body:

- Select a. I get 7-8 hrs of sleep per night
- Select b. I brush & floss my teeth
- Select c. I eat at least 5 fruits/veggies per day
- Select d. I limit junk food/fast food

Select 8. My hair, nails, and appearance are good

Select 9. I generally wear clean clothes

Select 10. I get together with a friend at least 1x per month

Select 11. I have a relaxing bedtime routine

Select 12. I usually know what I need and what I'm feeling

Select 13. My organized environment supports my goals

Select 14. I take breaks & have something to look forward to

Select 15. I know what I'm passionate about

0 **TOTAL**



Adopted from the Academic Success Center, Oregon State University, 2011

Well-Being Quiz Scoring Guide

Adopted from the Academic Success Center, Oregon State University, 2011

72-90:

Way to go! You are taking excellent care of yourself. Now you can delve further into things like getting massages, simplifying your life, and getting rid of as many stressors as you can.

54-71:

You know how to take care of yourself. Now, do it consistently. Would it help to track your daily self-care? What can you do that would allow for some of these self-care habits to happen regularly?

36-53:

You may value yourself, but can you prioritize self care a bit more? Set an evening just for you every week with no outside obligations. Examine your calendar to get rid of unimportant meetings, etc. Turn off the TV/Facebook/the internet after an hour of watching/surfing, etc. Put in a daily half hour for you in your appointment book. Let go of unrealistic standards of how much you can get done in a day. Cut your to do list for the day in half. Now use that time to work on one thing on the checklist above until you form a habit. Then move onto another one.

18-35:

You feel guilty every time you take time for yourself. You need to realize that your family, friends, school and work don't want an empty vessel. They want a vibrant, authentic, energetic you. Talk with your family and friends about how you want to start taking better care of yourself. Is there a way you can use your friends and family to build in time for your self care? If they are supportive, see if they are open to having you be accountable to them. Which thing from the above checklist do you think would have the most impact on your energy and well-being? Work on that action until it becomes a habit.

0-17:

Your actions don't seem to reflect that you prioritize taking care of yourself. What are you prioritizing instead? You need to realize that your family, friends, school and work don't want an empty vessel. They want a vibrant, authentic, energetic you. Talk with your family and friends about how you want to start taking better care of yourself. Remember, you are just as important as the other people in your life. Shine for them! Pick an easy, non-threatening action to start caring for yourself. Maybe you can drink one more glass of water or take 5 minutes alone. Start small and work your way up.