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# LiveWell

## SELF-INVENTORY



**WELLNESS IS NOT THE ABSENCE OF ILLNESS OR DISTRESS—** it is striving for positive physical, mental, and social well-being. It is a lifelong process of making decisions that support a more balanced life to maximize your potential. There are always opportunities to enhance your wellness, and it starts with self-reflection and setting goals.

You can use this self-reflection tool to determine areas of wellness (emotional, environmental, intellectual, occupational, physical, social, financial, and spiritual) in which you are thriving, as well as those that may need greater attention. Taking this inventory also may help you to reflect on components of health you may not have considered before.

## INSTRUCTIONS

1. Answer all the questions for each of the eight wellness dimensions.
2. Tally your points for each section and use the guide to interpret your totals.
3. Meet with Alissa Vreeland, Student Wellness and Support coordinator, to review your totals and create a wellness action plan. See back cover for contact information.

**Emotional Wellness:** understanding your own feelings, expressing emotions in a constructive way, and having the ability to deal with stress and cope with life's challenges

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I try to express my emotions in positive and constructive ways.	1	2	3	4	5
2. I take steps to manage my stress (e.g., exercise, quiet time, meditation).	1	2	3	4	5
3. I can bounce back after a disappointment.	1	2	3	4	5
4. I am able to express myself freely and authentically (gender expression, sexual orientation, race/ethnicity, political and religious beliefs).	1	2	3	4	5
5. I adapt or adjust to change in a positive way.	1	2	3	4	5
6. I am able to make decisions with minimal stress or worry.	1	2	3	4	5
7. I try to focus more on my accomplishments and strengths than on my failures and weaknesses.	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

**Environmental Wellness:** recognizing the interactions between yourself and your environment (natural and social), responsibly using available resources, and fostering a safer and healthier environment for others

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I consider the impact of my actions on my social environment.	1	2	3	4	5
2. I consider ways in which my social environment impacts my well-being.	1	2	3	4	5
3. I make use of campus health, wellness, and safety resources.	1	2	3	4	5
4. I practice environmentally conscious behaviors (e.g., recycling, conserving energy).	1	2	3	4	5
5. I consciously change my environment to support my well-being (e.g., spending time inside, outside, and in new places).	1	2	3	4	5
6. I contribute to making my environment (Lafayette and/or my community) a safe, healthy, and inclusive place.	1	2	3	4	5
7. I make an effort to keep my immediate environment (room, suite, apartment) clean and organized.	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

**Intellectual Wellness:** engaging in creative and mentally stimulating activities, expanding your knowledge through cultural, artistic, or skill-based learning, and sharing knowledge and skills with others

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I am curious and interested in the communities, as well as the world, around me.	1	2	3	4	5
2. I seek out learning opportunities and stimulating mental activities.	1	2	3	4	5
3. I manage my time well.	1	2	3	4	5
4. I enjoy brainstorming and sharing knowledge with others in group projects or tasks.	1	2	3	4	5
5. I enjoy learning about topics other than those I am required to study.	1	2	3	4	5
6. I seek out opportunities to learn new skills in my areas of interest.	1	2	3	4	5
7. I consider it a learning opportunity to listen to the thoughts and opinions presented by others.	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

**Occupational/Professional Wellness:** receiving personal fulfillment from your academic pursuits/future career path, furthering your personal knowledge and skills, and maintaining a work-life and academic-life balance

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I get personal satisfaction and enrichment from school/work.	1	2	3	4	5
2. I believe that I am able to contribute my knowledge, skills, and talents at school, work, and/or in my community.	1	2	3	4	5
3. I seek out opportunities to improve my knowledge or skills.	1	2	3	4	5
4. I balance my social life and academic/job responsibilities well.	1	2	3	4	5
5. I effectively handle my level of stress related to academic or work responsibilities.	1	2	3	4	5
6. My workload is manageable.	1	2	3	4	5
7. I explore paid and/or volunteer opportunities that interest me.	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

**Physical Wellness:** making choices to avoid harmful habits and practicing behaviors that support your physical body, health, and safety

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I engage in physical exercise regularly (e.g., 30 minutes at least five times a week or 10,000 steps a day).	1	2	3	4	5
2. I get 7-8 hours of sleep each night.	1	2	3	4	5
3. I protect myself and others from getting ill (e.g., wash my hands, cover my cough, etc.).	1	2	3	4	5
4. I abstain from drinking alcohol; or if I do drink, I drink responsibly.	1	2	3	4	5
5. I avoid illegal or inappropriate use of drugs.	1	2	3	4	5
6. I eat a balanced diet (fruits, vegetables, low-moderate fat, whole grains).	1	2	3	4	5
7. I get regular physical exams (e.g., annually AND when I have atypical symptoms).	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

**Social Wellness:** building and maintaining a diverse network of supportive relationships, and dealing effectively with interpersonal conflict

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I make a concerted effort to work on behaviors or attitudes that have caused problems in my interactions with others.	1	2	3	4	5
2. In my dating or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.	1	2	3	4	5
3. I feel supported and respected in my close relationships.	1	2	3	4	5
4. I communicate effectively with others by sharing my views and listening to those of others that might be different than my own.	1	2	3	4	5
5. Others' feelings matter to me and inform how I act and speak (e.g., I am respectful and kind).	1	2	3	4	5
6. I try to see good in my friends and do what I can to support them.	1	2	3	4	5
7. I seek out opportunities to form new relationships by participating in activities that hold meaning for me.	1	2	3	4	5

TOTAL: \_\_\_\_\_

**Financial Wellness:** utilizing financial resources appropriately to meet practical wants and needs; having a sense of control and knowledge about personal finances

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I understand what it means to balance my financial wants and needs.	1	2	3	4	5
2. I understand how to balance saving and spending to meet my future life goals.	1	2	3	4	5
3. I am not currently overwhelmed with financial stress.	1	2	3	4	5
4. I have people I can turn to for help with financial matters and decisions.	1	2	3	4	5
5. I know how to create a budget to meet my financial obligations (e.g., rent, credit card bills, car insurance, etc.).	1	2	3	4	5
6. I have money on hand to meet my current expenses.	1	2	3	4	5
7. I seek out opportunities to become financially educated (e.g., retirement planning, savings options, credit scores, etc.).	1	2	3	4	5

TOTAL: \_\_\_\_\_

**Spiritual Wellness:** having beliefs, values and practices that provide you with a sense of purpose and give meaning to your life

	NEVER	RARELY	SOMETIMES	USUALLY	ALWAYS
1. I take time to think about what's important in my life – who I am, what I value, where I fit in, and where I am going.	1	2	3	4	5
2. I have found a balance between considering my needs and those of others.	1	2	3	4	5
3. I engage in acts of caring and goodwill.	1	2	3	4	5
4. I sympathize/empathize with those who are suffering and try to help them through difficult times.	1	2	3	4	5
5. My values are true priorities in my life and are reflected in my actions.	1	2	3	4	5
6. I feel connected to something outside of myself (higher power, nature, humanity, community, etc.).	1	2	3	4	5
7. I feel my life has purpose and meaning.	1	2	3	4	5

**TOTAL:** \_\_\_\_\_

## TALLY YOUR TOTALS

Wellness Dimension	Your Total
Emotional Wellness	_____
Environmental Wellness	_____
Intellectual Wellness	_____
Occupational Wellness	_____
Physical Wellness	_____
Social Wellness	_____
Financial Wellness	_____
Spiritual Wellness	_____

*Dimension Totals of 28-35: Your answers suggest that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall total in this dimension, you may want to check for low totals on individual items to see if there are specific areas you want to address. You might also choose to focus on other dimensions where your totals weren't as high.*

*Dimension Totals of 20-28: Your behaviors in this dimension are good, but there is always room for improvement. Take a look at the items on which you rated lower. What changes might you make to improve your total? Even a small change in behavior can help you achieve better health and well-being.*

*Dimension Totals of 19 and below: Your answers in this dimension may indicate potential health and well-being risks. Reflect back on areas where you rated lower and visit the LiveWell Lafayette website to access resources that can help you develop and set achievable goals within these areas.*

If you are interested in making changes and want to discuss ideas and resources, contact **Alissa Vreeland**, Student Wellness and Support coordinator, to schedule an individual appointment. She can review your inventory, help you create an action plan for change, and offer resources on and off campus to assist you. Her contact information is: [vreelana@lafayette.edu](mailto:vreelana@lafayette.edu) or **(610) 330-3201**.



For questions about this LiveWell Self Inventory  
or the **LiveWell Lafayette** initiative as a whole,  
please contact **Alissa Vreeland**,  
Student Wellness and Support Coordinator.

610-330-3201 | [vreelana@lafayette.edu](mailto:vreelana@lafayette.edu)

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