

## 8-DIMENSIONS OF WELLNESS QUIZ

The quiz below will help you identify which resilience strategies you are currently using more or less of. Simply tick true or false to answer each question. If a question does not give you all the information you would like, try to respond in a way that best represents what you would most likely do. There are no right or wrong answers to these questions. The key is to be as honest as you can.

#	QUESTION	T	F
1	I recognize when I'm feeling stressed or anxious.		
2	I have a sense of meaning and purpose in my life.		
3	I enjoy spending time outside in natural settings.		
4	I have financial plans that are in line with my personal goals.		
5	I am curious and enjoy learning new things.		
6	I stay hydrated throughout the day.		
7	I find my work/volunteering motivating and interesting.		
8	I practice assertiveness to communicate my point of view while respecting others.		
9	I generally feel good about who I am.		
10	I take time for reflective growth, prayer and/or meditation.		
11	I maintain a clean and organized home/room and free of clutter.		
12	I use my money wisely and live within my means.		
13	I expose myself to new ideas, people and beliefs that are different from my own.		
14	I go to recommended check-ups (i.e., physical, eye, dental).		
15	I have goals and purpose in what I am doing that inspires or challenges me.		
16	I enjoy social activities and engage with other people in my community.		
17	I have a sense of control in my life.		
18	I have a clear sense of right and wrong, and act accordingly.		

19	I find ways to make my environment safer and healthier (e.g., saving energy, recycling).		
20	I can balance saving for the future and spending in the present.		
21	I am a critical thinker.		
22	I regularly get 6 to 8 hours of sleep each night.		
23	I can use my knowledge, skills and talents to contribute and collaborate with others.		
24	I can set and stick to my personal boundaries as well as respect others' boundaries.		
25	I can ask for help when needed.		
26	I participate in acts of goodwill without expecting anything in return.		
27	I promote green living when possible.		
28	I have a spending plan (budget), pay bills on time and manage credit.		
29	I engage in mentally stimulating activities and hobbies.		
30	I consistently engage in regular physical activity or movement.		
31	I take opportunities for new experiences and professional development.		
32	I feel supported in my close relationships with family and friends.		
33	I can say "no" when needed and not feel guilty.		
34	I practice forgiveness and compassion in life.		
35	My living space and work environment are supportive and nurturing.		
36	My behavior reflects my beliefs/values about money.		
37	I challenge myself to see all sides of an issue.		
38	I eat a well-balanced and nutritional diet.		
39	I have a healthy balance between work and other areas of my life.		
40	I value diversity and treat others with respect.		

Use the table below to identify which resilience strategies you are currently using more and less of. Tick each circle for each question where you answered 'true' in the quiz. It is possible to score highly in all four areas.

EMOTIONAL		SPIRITUAL		ENVIRONMENTAL		FINANCIAL	
<input type="radio"/>	1 (T)	<input type="radio"/>	2 (T)	<input type="radio"/>	3 (T)	<input type="radio"/>	4 (T)
<input type="radio"/>	9 (T)	<input type="radio"/>	10 (T)	<input type="radio"/>	11 (T)	<input type="radio"/>	12 (T)
<input type="radio"/>	17 (T)	<input type="radio"/>	18 (T)	<input type="radio"/>	19 (T)	<input type="radio"/>	20 (T)
<input type="radio"/>	25 (T)	<input type="radio"/>	26 (T)	<input type="radio"/>	27 (T)	<input type="radio"/>	28 (T)
<input type="radio"/>	33 (T)	<input type="radio"/>	34 (T)	<input type="radio"/>	35 (T)	<input type="radio"/>	36 (T)
Total		Total		Total		Total	
INTELLECTUAL		PHYSICAL		OCCUPATIONAL		SOCIAL	
<input type="radio"/>	5 (T)	<input type="radio"/>	5 (T)	<input type="radio"/>	7 (T)	<input type="radio"/>	8 (T)
<input type="radio"/>	13 (T)	<input type="radio"/>	14 (T)	<input type="radio"/>	15 (T)	<input type="radio"/>	16 (T)
<input type="radio"/>	21 (T)	<input type="radio"/>	22 (T)	<input type="radio"/>	23 (T)	<input type="radio"/>	24 (T)
<input type="radio"/>	29 (T)	<input type="radio"/>	30 (T)	<input type="radio"/>	31 (T)	<input type="radio"/>	32 (T)
<input type="radio"/>	37 (T)	<input type="radio"/>	38 (T)	<input type="radio"/>	39 (T)	<input type="radio"/>	40 (T)
Total		Total		Total		Total	

What strategies are you using?

What new strategies could you adopt and role model?

What might be the benefits of this strategy for you?