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Facet #1: Organization

**The ability to keep track of and make good use of possessions, money, and time.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Organization “wedge” based on your score.



|  |  |
| --- | --- |
| I feel good about my financial habits. The way I get and spend, budget, and keep track of my money, either as allowance or earnings from a job. |   |
| I am always on time for school, work, and other commitments. |   |
| I organize my time and plan ahead to make sure that I allow enough time to geteverything done. |   |
| I am happy with the way I organize my priorities, ensuring that I have enoughtime to dedicate to all the different aspects of my life. |   |
| I have a good method of remembering all of my assignments and other obligations. |   |
|  My backpack, locker, and bedroom are all organized, and I can get my hands onanything I might need rather quickly. |   |
| I regularly take time to organize my possessions and myself so that I do not haveto rush around at the last minute. |   |
| I juggle school, friends, family, and other obligations in a healthy way. |   |
| I am becoming more responsible for myself. I do my own laundry, help with meals, make and keep appointments, and keep track of important papers. |   |
| Most days I accomplish all of the things I set out to do that day. |   |
|   **Total**  |  |

Facet #2: Stress Resilience

**The ability to deal positively with the adversities of life.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a

number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness

Compass on page 9 and shade in the Stress Resilience “wedge” based on your score.



|  |  |
| --- | --- |
| I respond to changes in my life with a positive attitude.  |   |
| I am dealing well with any major life changes, planned or unplanned, that have occurred over the last few years in my life.  |   |
| I feel good about the support I get from others when I have something big going on in my life.  |   |
| When I face a life challenge, I feel confident that I handle the accompanying stress in a healthy way.  |   |
| When I have problems, I turn to others for support.  |   |
| I set realistic goals for myself.  |   |
| When I have a problem, I take charge by creating a realistic plan and working to solve it.  |   |
| I am satisfied with the way I handle stress, handling it in healthy ways rather than engaging in self-destructive habits to cope.  |   |
| I am addressing any physical symptoms that may be related to stress in my life, such as trouble sleeping, headaches, outbursts of anger, or feelings of depression.  |   |
| I feel good that things going on in my personal life rarely interfere with my concentration at school or work.  |   |
|   **Total**  |  |

Facet #3: Healthy Relationships

**The ability to create and maintain healthy, life-giving connections with others.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Relationships “wedge” based on your score.



|  |  |
| --- | --- |
| I am satisfied with the amount of time I spend with the important people in my life. |   |
| I am satisfied with the amount of time I spend with the important people in my life. |   |
| I feel good about the relationships that I have with my family members. |   |
| I am happy with my friendships and other social connections. |   |
| My friends and those who know me well would say that I am a good andtrusted friend. |   |
| My friends and I share the same values. |   |
| I am satisfied with the impact my use/or non-use of drugs and alcohol has onmy relationships with my friends and family. |   |
| I feel good about the amount of trust, respect, and honesty that exists in all ofmy relationships, including dating relationships, if applicable. |   |
| I am able to resolve conflict in a productive way with family and friends.We are able to talk through conflict so that it does not continue. |   |
| I am able to identify and end an unhealthy relationship when I need to. |   |
|   **Total**  |  |

Facet #4: Rest and Play

**The ability to balance work and play and to renew oneself.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Rest and Play “wedge” based on that score.



|  |  |
| --- | --- |
| I am satisfied with the amount of time I spend with the important peoplein my life. |   |
| On a regular basis I get enough rest to energize myself |   |
| I feel good about the relationships that I have with my family members. |   |
| I feel good about the amount of time I have set aside for healthy and fun activities. |   |
| I have at least one hobby or interest that renews me, and I take intentionaltime for it on a regular basis. |   |
| I truly enjoy my recreational involvement in activities at school, at myplace of worship, in the community, or with other local organizations. |   |
| I actively take advantage of opportunities to try new activities and waysto have fun. |   |
| I am confident that the amount of time I spend connected to technologysuch as video games, TV, computer, Facebook, and cell phone is good formy overall well-being. |   |
| I feel good about the people with whom I spend my free time. |   |
| I use some of my free time to renew my relationship with myself. |   |
|   **Total**  |  |

Facet #5: Handling Emotions

**The ability to express and receive emotions in a healthy way.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Emotions “wedge” based on that score.



|  |  |
| --- | --- |
| People who know me would say I handle my emotions in a healthy way. |   |
| I avoid using alcohol, other drugs, and addictive behaviors to deal withmy emotions. |   |
| The way I show emotions demonstrates of respect toward myself and others. |   |
| I am satisfied with the way I handle my emotions and how that affects myrelationships. |   |
| I have a solid and healthy sense of confidence in myself. |   |
| I know the early warning signs of depression and anxiety and would feelcomfortable seeking help from a trusted someone when needed. |   |
| I am able to share all of my emotions (including sadness, happiness, fear, andworry) with people I trust. |   |
| I am able to communicate my emotions in a positive way without being irritable,critical, or angry. |   |
| When someone I care about is upset, I am comfortable listening and really beingpresent to them. |   |
| When I am feeling emotionally overwhelmed, I turn to others for support and help. |   |
|   **Total**  |  |

Facet #6: Spirituality

**The development of a strong personal value system and a meaningful purpose in life.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Spirituality “wedge” based on that score.



|  |  |
| --- | --- |
| I have a clear sense of meaning and purpose in my life. |   |
| I am pleased with what I give back to the world. |   |
| I forgive others and I forgive myself. |   |
| I forgive others and I forgive myself. |   |
| I seek forgiveness from family and friends when I have hurt them. |   |
| I have activities that I do regularly to renew my soul, to center myself,and to gain perspective. |   |
| I am a part of a community that enriches my spiritual life. |   |
| The way I live my life is consistent with my spirituality and values. |   |
| I am truly thankful for the good things in my life. |   |
| My spirituality influences my behavior in the rest of my life. |   |
|   **Total**  |  |

Facet #7: School and Work

**The ability to get the most out of educational, volunteer, and employment opportunities.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the School–Work, “wedge” based on your score.



|  |  |
| --- | --- |
| I am pleased with my overall involvement in school. |   |
| I am personally happy with my grades. |   |
| I feel good about the connections I have with the adults at school. |   |
| I feel good about the relationships I have with other students and how thoserelationships impact my all-around success at school. |   |
| I am confident that my use of social media, the internet, and video games has nonegative impact on my school or work performance. |   |
| I feel good about the way my school/volunteer/sports/job performance is helping me to build my future. |   |
| I feel good about the way my decisions regarding drugs and alcohol impact mylearning, and volunteer, sports and/or job performance. |   |
| I am satisfied with the way my activities outside school impact my connectionwith my school and family. |   |
| I am always on time for school, work, and other commitments. |   |
| I am satisfied with the way I pay attention, participate, and prepare homework for my classes, extracurriculars, volunteer work, or job. |   |
|   **Total**  |  |

Facet #8: Care for Body

**The ability to build healthy habits and practices regarding your physical wellbeing.**

Rate the following 10 statements by placing a number in the spaces provided. Your answers will be a number from 0–10 based on the scale below. When you are done, transfer that score to your Wellness Compass on page 9 and shade in the Care for the Body, “wedge” based on your score.



|  |  |
| --- | --- |
| The choices I make about what I eat and drink are healthy. |   |
| I have positive feelings about my relationship with food (what I eat, why I eat,and how often I eat). |   |
| I am satisfied with the amount of exercise I get on a regular basis. |   |
| I determine what is right for me, in terms of weight and appearance, rather thanletting my peers or the culture determine that for me. |   |
| I go to the doctor and dentist for regular checkups and talk to someone about aproblem as soon it arises. |   |
| I am comfortable with my sexuality and know that the decisions I make regardingsexual activity are healthy for me both physically and emotionally. |   |
| I am proud of the amount of respect I pay to my body overall. |   |
| My current weight is healthy for me. |   |
| My decisions regarding drugs, alcohol, and tobacco are serving me well. |   |
| Most days I get at least eight hours of sleep at normal sleeping hours. |   |
|   **Total**  |  |

**Questions**

1. Right click the graph and select edit data. Enter your scores from Facet.
2. Do you feel that these facets provide a snapshot of your overall wellness? If so, describe which ones are most important to you & why. If not, discuss how you measure / view wellness.