

The Wellness Advantage: Self-Assessment

Assess your current wellness mindset and habits.

Rate yourself on a scale from 1 to 5, where 1 is “Strongly Disagree” and 5 is “Strongly Agree.” Subtotal your score for each area of focus and review the analysis.

Return to this page in a few weeks. Respond to each prompt again to identify specific areas of growth, and **where you still need to focus!** (NOTE: Before making any exercise or wellness changes, check in with your doctor.)

SELF-ASSESSMENT	RATING
TRACKING WELLNESS METRICS	
I'm getting the restful sleep I need.	1 2 3 4 5
I wear a fitness device or use a fitness-tracking App.	1 2 3 4 5
I routinely read nutrition labels when they're available.	1 2 3 4 5
I'm current with recommended medical and dental checkups.	1 2 3 4 5
CURRENT TOTAL for TRACKING WELLNESS METRICS	
<i>End of Month Total</i>	
BUILDING A WELLNESS TEAM	
I meet monthly with professionals dedicated to supporting me in my own wellness (doctor, therapist, masseuse, physical therapist, nutritionist, trainer, etc.).	1 2 3 4 5
When my mind or body experiences unexpected distress, I know exactly whom to contact to find a solution.	1 2 3 4 5
When faced with a major medical decision, I research options, even when they might be outside of my health care plan.	1 2 3 4 5
CURRENT TOTAL for BUILDING A WELLNESS TEAM	
<i>End of Month Total:</i>	

The Wellness Advantage: Self-Assessment (continued)

SELF-ASSESSMENT	RATING
IDEAL DAYS AND WELLNESS	
I've adjusted my fitness routine in the last 90 days.	1 2 3 4 5
I have a fitness routine that I can rely on at home and when I travel.	1 2 3 4 5
I currently have a wellness goal that I'm working on.	1 2 3 4 5
CURRENT TOTAL for IDEAL DAYS AND WELLNESS	
<i>End of Month Total:</i>	
YOUR WELLNESS MANIFESTO	
I regularly (weekly) read websites, magazines, or books that offer ideas for improving my wellness.	1 2 3 4 5
In the last 6 months, I have seen a change in my mental or physical health as a result of achieving a wellness goal.	1 2 3 4 5
I have at least three healthy techniques that I use for managing work-related stress.	1 2 3 4 5
CURRENT TOTAL for YOUR WELLNESS MANIFESTO	
<i>End of Month Total:</i>	

Consider sharing your results with your doctor and, of course, your spouse.

This “current snapshot” assessment will provide you with specific things to discuss and focus on over this Get Momentum Course Work: **The Wellness Advantage**.

Self-Assessment Analysis

Tracking Wellness Metrics

If you scored below 14 in this section, it's time to take a close look at the role of wellness in your life. Look for your blind spots. Study your current lifestyle, ask for some advice from qualified advisors and create a plan for the future.

Building a Wellness Team

If you scored below 10 in this section, you need to face the facts: It's time to get some help. You cannot be your own trainer, doctor, coach and nutritionist all in one! Create a team to support your journey to the next level of **The Wellness Advantage**.

Ideal Days and Wellness

If you scored below 10 in this section, now is your time to look at the reality of your life and prepare to achieve more. As we age, we require different approaches to our health. Now is the time to create a vision for what's next on your wellness journey.

Your Wellness Manifesto

If you scored below 10 in this section, then you might be ready to start creating wellness in your life, but you need a few new ideas and approaches. Look for new habits that can work for you and try them on for size to begin your wellness journey.

Jason defines *productivity* as:

*"Doing what I said I would do,
within the time that I promised."*

Now is the time to focus on making productive health choices that put **The Wellness Advantage** front-and-center at work and in life.