Wellness Triangle



Assess Your Health

Answer each question by circling yes and no. Then in the total column, write the total number of yes's.

Physical

		Total
• I get 7-9 hours of sleep	Yes | No	
• I eat a well balanced diet including breakfast	Yes | No	
• I keep my hair and body clean everyday	Yes | No	
• I do at least 30 minutes of activity a day	Yes | No	
• I don't use alcohol, tobacco, or drugs	Yes | No	
• I see a doctor and a dentist for checkups	Yes | No	

Mental

		Total
• I generally feel good about myself.	Yes | No	
• I can express myself calmly	Yes | No	
• I am willing to accept constructive critisism	Yes | No	
• I have at least 1 hobby that I do by myself	Yes | No	
• I am aware of my thoughts and emotions	Yes | No	
• I like to learn new skills	Yes | No	

Social

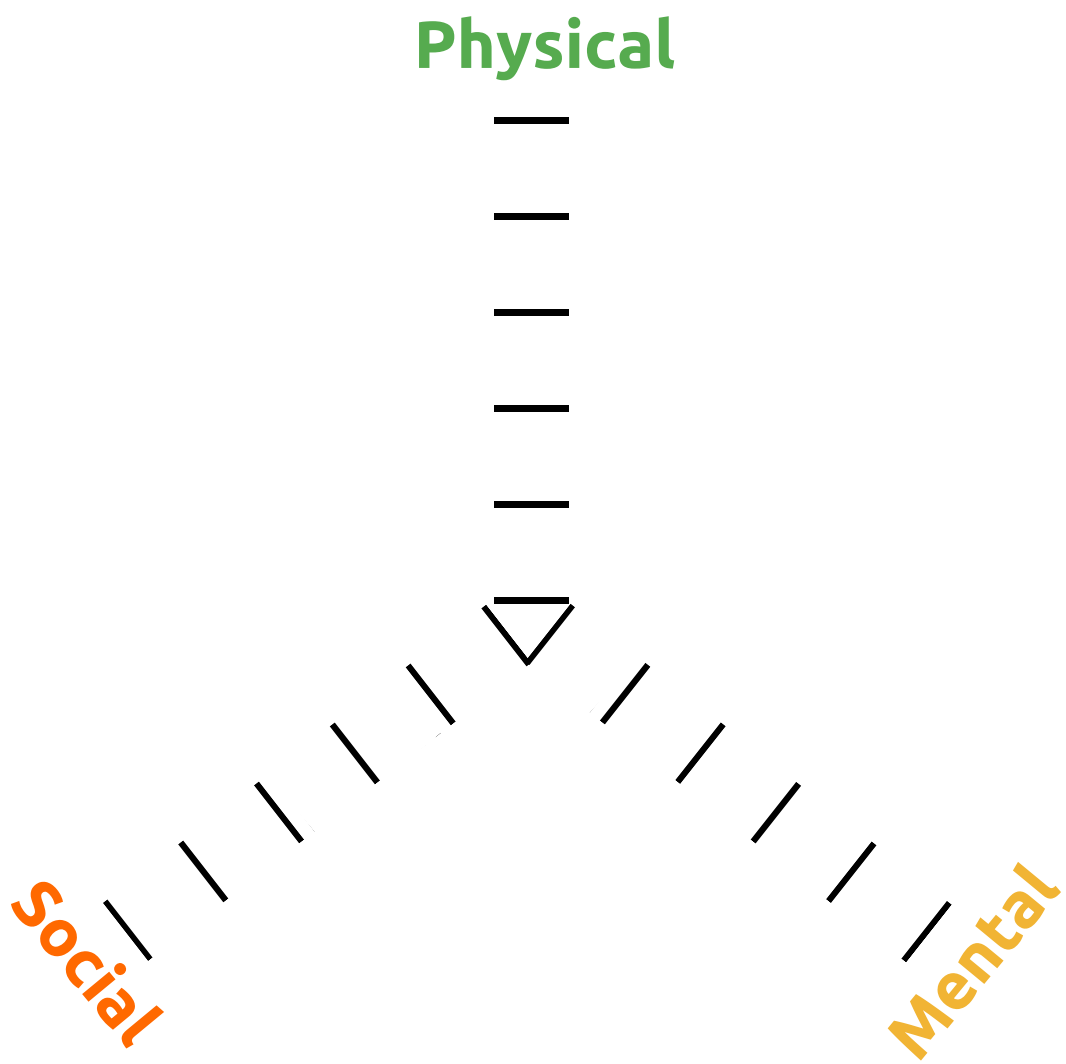
		Total
• I have 1 close friend I keep in contact with	Yes | No	
• I show respect and care for my loved ones	Yes | No	
• I can disagree without getting angry	Yes | No	
• I am a good listener	Yes | No	
• I can ask for support when I need it	Yes | No	
• I say no when I am uncomfortable	Yes | No	

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Wellness Triangle

Draw Your Wellness Triangle

Draw a Dot at each line that represents the total for that category from step 1 (count from the center out). Then Connect the dots to create your personalized "Wellness Triangle."



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Wellness Triangle

3 Strengths and Weaknesses

Describe 1 strength and 1 weakness from each area of the Wellness Pyramid (Physical, Mental, and Social).

Strengths

Description of Strength	Action to Maintain or Improve

Weaknesses

Description of Weakness	Action to Maintain or Improve

4 Reflect on Your Wellness Triangle

Briefly reflect on what you've learned, where you have excelled and could use some improvement.

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