

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

- 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

Total

Mental

- I generally feel good about myself. Yes | No
- I can express myself calmly Yes | No
- I am willing to accept constructive criticism 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

Total

Social

- 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

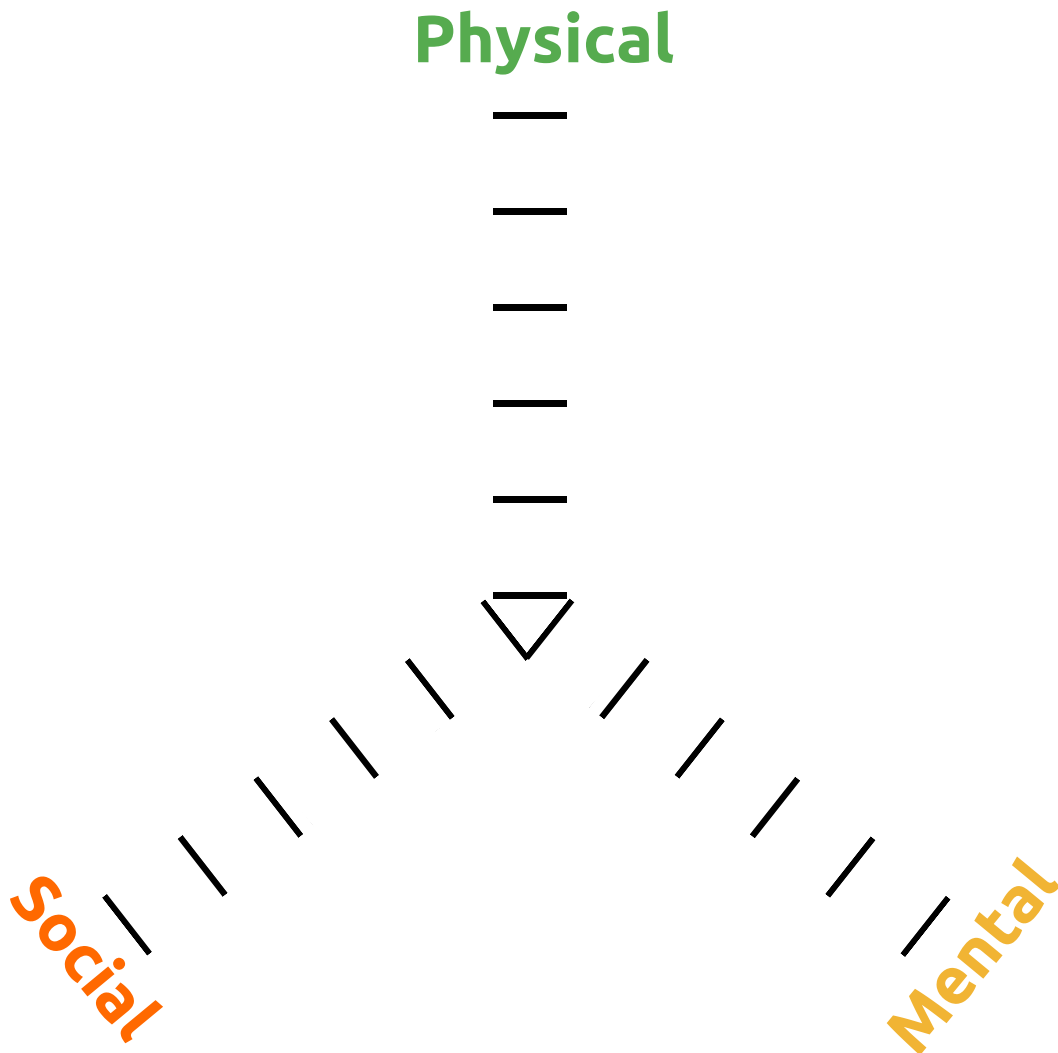
Total

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."



Wellness Triangle



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



Reflect on Your Wellness Triangle

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