

be YOU Wellness Survey

DIRECTIONS: Choose one highlighter color to represent strengths, and highlight this sentence in that color. Choose another highlighter color to represent areas for improvement, and highlight this sentence in that color. Read each statement and highlight as a strength or an area for improvement. Not sure? If you feel that you could do better, it's an area for improvement. If it doesn't apply to you, cross it out.

be YOU—PHYSICALLY		
by maintaining the overall health of your body		
I have a healthy sleep schedule, daily getting 8 to 10 hours.		
I make nutritious dietary choices in my daily food and drinks and eat three well-balanced meals.		
I drink half of my body weight in ounces of water every day.		
I participate in a minimum of 60 minutes of physical activity and / or body movement every day.		
My "screen time" is monitored and limited to a certain amount each day.		
I stop using all devices at least 30 minutes before I go to sleep.		
I use appropriate techniques that help me to manage stress.		
I always make healthy choices regarding alcohol, drugs, tobacco, etc.		
ADD UP YOUR TOTAL:	Strengths:	Areas for Improvement:

be YOU—SOCIALY		
by maintaining a meaningful network of relationships		
I feel that I have enough time to do all the things I need and want to do every day.		
I feel that I can manage the extracurricular activities (sports, music, etc.) in which I participate.		
I have confidence that I can be myself in all situations.		
I have a positive relationship with at least one family member who will be there for me no matter what.		
I am satisfied with the relationships I have with my family members.		
I have a positive relationship with at least one friend who I know will be there for me no matter what.		
I am satisfied with the relationships I have with my friends in person.		
I am satisfied with the relationships I have online.		
I always make good choices online and avoid negativity.		
I have friends who make good choices and encourage me to make good choices		
I feel comfortable communicating face to face with other people of all ages.		
I feel comfortable working on my own.		
I feel comfortable working with others.		
ADD UP YOUR TOTAL:	Strengths:	Areas for Improvement:

be YOU—INTELLECTUALLY

by pursuing knowledge, making good decisions, and finding solutions to problems

I know and practice my personal values about what is good and bad and desirable and undesirable.

I know and understand my own personality, including my strengths and weaknesses, my thoughts and beliefs, my emotions, and motivations.

I always try to consider others' points of view of an issue.

I have my own ideas, viewpoints, and opinions based on unbiased evidence.

I understand how I learn best and how my brain best responds to teaching.

I work to the best of my ability to increase the skills and knowledge needed to accomplish my goals.

ADD UP YOUR TOTAL:

Strengths:

Areas for Improvement:

be YOU—EMOTIONALLY

by maintaining a positive self-concept and dealing positively with feelings

I like myself and feel satisfied with who I am as a person.

Most of the time, I think I have a good life.

I feel confident that there are people who care and support me.

I know how to relax and use techniques to manage my stress.

I recognize my own achievements and accomplishments.

I look at challenges as an opportunity for growth.

I learn from my mistakes and change based on my learning.

I can identify and share my emotions and concerns with others.

I feel comfortable asking someone for help with any mental health concerns.

ADD UP YOUR TOTAL:

Strengths:

Areas for Improvement:

be YOU—SPIRITUALLY

by developing a set of beliefs, principles, or values that give meaning or purpose to life

I regularly set goals and create a plan to accomplish my goals.

Daily, I set aside time to think or write about my actions and behaviors that day.

I know the difference between right and wrong and always act accordingly.

I always act with care and compassion for others.

I avoid comparing myself to others.

I try not to judge myself.

I practice forgiveness toward myself, putting the past in the past, learning from it, and moving on.

I practice forgiveness toward others, putting the past in the past, learning from it, and moving on.

I am able to imagine what others' lives are like and share another person's feelings and emotions as if they were my own.

I listen to my own feelings and unmet needs with compassion and understanding.

ADD UP YOUR TOTAL:

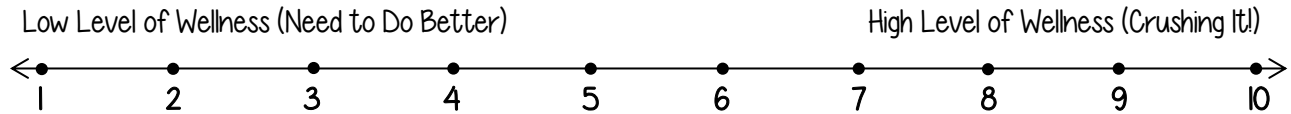
Strengths:

Areas for Improvement:

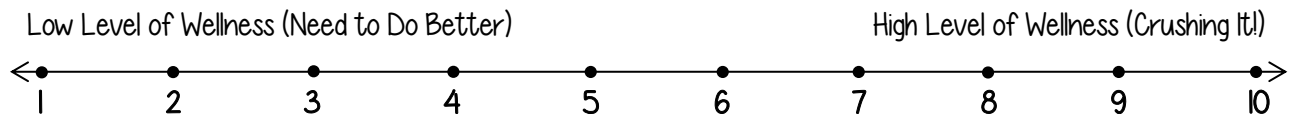
be YOU Wellness Check-Up

Evaluate your strengths and areas for improvement in each area of well-being, and mark on the continuum where you think you currently fall.

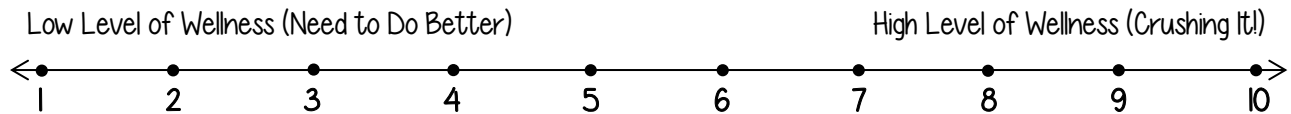
be YOU—PHYSICALLY Continuum



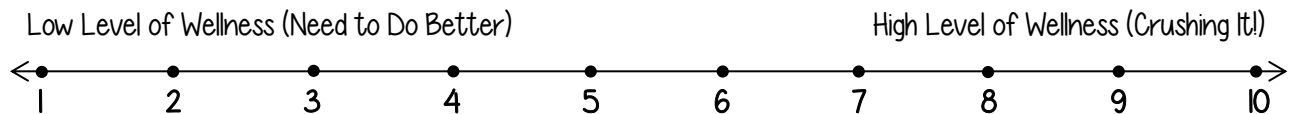
be YOU—SOCIALLY Continuum



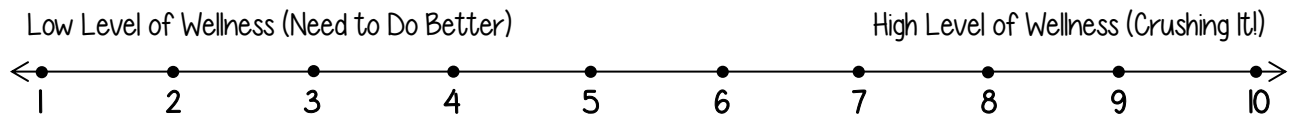
be YOU—INTELLECTUALLY Continuum



be YOU—EMOTIONALLY Continuum



be YOU—SPIRITUALLY Continuum



Did any of the continuum results surprise you? Why or why not?

I was / was not surprised by the *b3c* YOU PHYSICALLY continuum results because _____

I was / was not surprised by the *b3c* YOU SOCIALLY continuum results because _____

I was / was not surprised by the *b3c* YOU INTELLECTUALLY continuum results because _____

I was / was not surprised by the *b3c* YOU EMOTIONALLY continuum results because _____

I was / was not surprised by the *b3c* YOU SPIRITUALLY continuum results because _____

What do the continuum results reveal about your high and low levels of wellness in each area?

The *b3c* YOU PHYSICALLY continuum results reveal that _____

The *b3c* YOU SOCIALLY continuum results reveal that _____

The *b3c* YOU INTELLECTUALLY continuum results reveal that _____

The *b3c* YOU EMOTIONALLY continuum results reveal that _____

The *b3c* YOU SPIRITUALLY continuum results reveal that _____

Looking back at the five areas of overall wellness, choose what you believe to be your three most important strengths, and record them under "Core Wellness Strengths" in order of most importance to least.

CORE WELLNESS STRENGTHS

1. _____
2. _____
3. _____

TAKE A MOMENT TO CELEBRATE YOUR STRENGTHS!

When it comes to my overall wellness, I am most proud of _____

KEEP IT UP! YOUR STRENGTHS ARE IMPORTANT TO YOUR OVERALL WELLNESS!

Looking back at the five areas of overall wellness, choose what you believe to be your five most important areas for improvement, and record them under "Core Wellness Areas for Improvement" in order of most importance to least.

CORE WELLNESS AREAS FOR IMPROVEMENT

1. _____
2. _____
3. _____

Finally, write at least three goals in the form of I will statements to help you work intentionally on being YOU.

I WILL _____

I WILL _____

I WILL _____

Now, work daily to achieve these goals and continue to work on Being YOU!