

Cadet Physical Wellness Self-Assessment

The physical dimension of wellness involves encouraging regular activities that produce endurance, flexibility, and strength. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- _____ 1. I exercise aerobically (vigorous, continuous) for 60 minutes six times per week.
- _____ 2. Half of my diet comes from fruit and vegetables
- _____ 3. I avoid tobacco products.
- _____ 4. I always wear a seat belt while riding in/driving a car and a helmet when riding a bike, skating, or boarding.
- _____ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- _____ 6. I drink at least eight 8-oz. glasses of water and non-sugary drinks each day.
- _____ 7. I get an adequate amount of sleep. (8-10 hours daily H.S., 9-11 hours daily M.S.)
- _____ 8. I eat low-fat, calcium-rich foods like milk, yogurt, broccoli, and spinach.
- _____ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- _____ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.

_____ Total for Physical Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Emotional Wellness Self-Assessment

The emotional dimension of wellness involves recognizing, accepting and taking responsibility for your feelings. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am able to develop and maintain close relationships.
- _____ 2. I accept the responsibility for my actions.
- _____ 3. I see challenges and change as opportunities for growth.
- _____ 4. I feel I have considerable control over my life.
- _____ 5. I am able to laugh at life and myself.
- _____ 6. I feel good about myself.
- _____ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- _____ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- _____ 9. I am able to recognize and express my feelings.
- _____ 10. I enjoy life.

_____ Total for Emotional Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Relational Wellness Self-Assessment

This dimension of wellness involves developing, nourishing and encouraging satisfying relationships. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- _____ 1. I contribute time and/or money to social and community projects.
- _____ 2. I am committed to a lifetime of volunteerism.
- _____ 3. I exhibit fairness and justice in dealing with people.
- _____ 4. I have a network of close friends and/or family.
- _____ 5. I am interested in others, including those from different backgrounds than my own.
- _____ 6. I am able to balance my own needs with the needs of others.
- _____ 7. I am able to communicate with and get along with a wide variety of people.
- _____ 8. I obey the laws and rules of our society.
- _____ 9. I am a compassionate person and try to help others when I can.
- _____ 10. I support and help with family, neighborhood, and work social gatherings.

_____ Total for Social Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Spiritual Wellness Self-Assessment

The spiritual dimension of wellness involves seeking meaning and purpose in one's life. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- _____ 1. I feel comfortable and at ease with my spiritual life.
- _____ 2. There is a direct relationship between my personal values and daily actions.
- _____ 3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
- _____ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- _____ 5. Life is meaningful for me, and I feel a purpose in life.
- _____ 6. I am able to speak comfortably about my personal values and beliefs.
- _____ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- _____ 8. I am tolerant of and try to learn about others' beliefs and values.
- _____ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- _____ 10. I appreciate the natural forces that exist in the universe.

_____ Total for Spiritual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Practical Wellness Self-Assessment

Practical Wellness Check-up. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom / never = 0 points

1. I (or my family) do not have a credit card debt? _____
2. Have you worked for money in the last year? _____
3. Do you know how much is in your bank account? _____ (0 if you don't have an account)
4. Do you save at least 10% of everything you make? _____
5. Do you talk about finances with your family, teachers, or other mentors? _____
6. Do you look forward to going to school? _____
7. School is preparing you well for the career field you're considering? _____
8. The career field you're considering is consistent with your values and beliefs? _____
9. The career field you're considering provides a good balance of work time / leisure time? _____
10. The career field you're considering makes a difference in the world? _____

Total Score: _____

How did you score?

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Intellectual Wellness Self-Assessment

The intellectual dimension of wellness involves embracing creativity and mental stimulation. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- _____ 1. I am interested in learning new things.
- _____ 2. I try to keep abreast of current affairs – locally, nationally, and internationally.
- _____ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- _____ 4. I carefully select movies and television programs.
- _____ 5. I enjoy creative and stimulating mental activities/games.
- _____ 6. I am happy with the amount and variety that I read.
- _____ 7. I make an effort to improve my verbal and written skills.
- _____ 8. A continuing education program is/will be important to me in my career.
- _____ 9. I am able to analyze, *synthesize*, and see more than one side of an issue.
- _____ 10. I enjoy engaging in intellectual discussions.

_____ Total for Intellectual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Cadet Environmental Wellness Self-Assessment

The environmental dimension of wellness involves improving and varying the area around you to increase wellness. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I go outside almost every day.
- _____ 2. I have a designated study area, and use this location most of the time
- _____ 3. I keep my backpack / locker / study area clean, neat and organized
- _____ 4. None of my friends would pressure me into doing something unhealthy
- _____ 5. I watch TV less than 2-hours per night on average
- _____ 6. I play video games less than 2-hours per night on average
- _____ 7. My study area is well lit, quiet, and free from distractions (phones, tv, etc)
- _____ 8. My grades are as good as my parents and I want them to be
- _____ 9. I explore the physical world around me
- _____ 10. I take care of my belongings

_____ Total for Environmental Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

