

The Wellness COMPASS

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NOTE: *This Wellness Compass Self-Assessment for Adults PDF is a companion resource to our Wellness Compass Notebook for Adults. To download a free PDF of the Notebook for Adults, visit our website: wellnesscompass.org*

Printing Troubleshooting Note: If you have filled in these forms using something besides Adobe Acrobat Reader and the filled-in values don't print, you need to do a "Save As..." (File Menu) of the pdf file from the application you used to open this file. When you print it from the newly saved file it should print all of your scores.

The Wellness Compass: A Holistic Framework for Your Well-Being

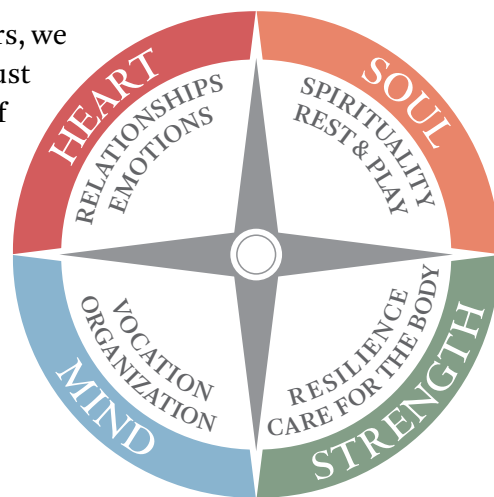


Our lives are complex, with many interconnected facets that impact one another, much like the intricate parts of a mobile. When one area of our lives experiences disruption, whether positive or negative, it can create ripple effects across other domains. A high-stress period at work, for example, may contribute to poor sleep, strained relationships, and a diminished sense of purpose. Conversely, cultivating growth in one dimension, such as improved physical health, can spread benefits throughout our overall well-being.

The Wellness Compass provides a holistic framework to help adults and educators nurture greater wholeness and harmony across eight key dimensions.

- **Relationships.** The ability to build and maintain healthy connections with others.
- **Emotions.** The capacity to process, express, and receive emotions in a healthy manner.
- **Spirituality.** The development and practice of a personal value system and meaningful purpose.
- **Rest and Play.** The balance between work and renewal through rest and recreation.
- **Care for the Body.** Cultivating healthy habits and practices for your physical well-being.
- **Resilience.** The ability to deal positively with life’s adversities.
- **Organization.** Effective management of belongings, finances, and time.
- **Vocation.** Making the most of employment, education, and volunteering opportunities.

By being intentional about our decisions and behaviors, we empower ourselves to achieve greater wellness—not just in isolated areas, but across the complex tapestry of our lives. This integrated approach can benefit adults navigating the multifaceted demands of career, family, and self-care, as well as educators seeking to cultivate well-rounded wellness in their school communities.



The Wellness Compass Self-Assessment


The Wellness Compass self-assessment is designed to help you gain deeper insight into the current state of your well-being across different dimensions of life. The reality is that our lives are constantly providing us with signals and guidance, if we take the time to listen.

This self-reflective tool acts as a mirror, revealing your level of balance and wholeness in key areas. The results will highlight your areas of strength as well as the domains that could use more of your focused attention.

Let's review a few sample Wellness Compass profiles to give you a sense of what this visual representation can look like. These examples can serve as a trusted guide as you navigate the multifaceted demands and opportunities of adult life, empowering you to cultivate greater wellness.

Adult Wellness Self-Assessment: Sample Scores

Self-Assessment for Adults



Relationships


The ability to build and maintain healthy connections with others.

Respond to the following 10 statements with a number between 0-10, based on the following scale. Enter a "10" for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes	Half of the Time	Most of the Time	Always							
0	1	2	3	4	5	6	7	8	9	10	
I am satisfied with the quality of the relationships I have with my spouse, partner, children, extended family, and/or close friends.											<u>5</u>
I am satisfied with the amount of time I spend with the important people in my life.											<u>4</u>
I am satisfied with the honest conversations I am able to have with those who are important to me.											<u>6</u>
My friends and family can count on me when they need help.											<u>4</u>
I am able to forgive family and friends for past or present hurts.											<u>4</u>
In my close relationships, I am very satisfied that there is a good balance between give and take.											<u>3</u>
I am able to resolve conflict in healthy ways with family and friends. We are able to talk through problems before they can fester.											<u>4</u>
I feel good about the levels of trust, respect, and honesty I have in my relationships.											<u>6</u>
I feel good about the impact my use/or non-use of alcohol and other drugs has on my relationships with family, friends, and/or colleagues.											<u>5</u>
I am able to identify and then work to change or end an unhealthy relationship when needed.											<u>4</u>
										TOTAL SCORE	<u>45</u>

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Self-Assessment for Adults



Resilience

The ability to deal positively with life's adversities.

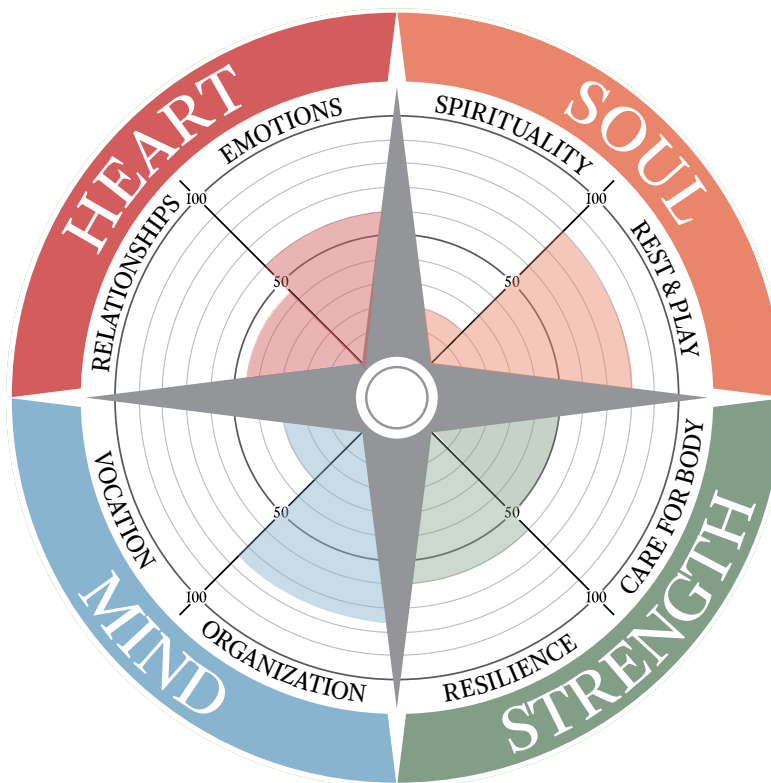
Respond to the following 10 statements with a number between 0-10, based on the following scale. Enter a "10" for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes	Half of the Time	Most of the Time	Always							
0	1	2	3	4	5	6	7	8	9	10	
I usually respond to changes in my life with a positive attitude.											<u>7</u>
I am dealing effectively with changes in my life, planned and unplanned.											<u>6</u>
In the midst of stress, I am generally able to remain flexible and adaptable.											<u>6</u>
I recognize the signs of stress—headaches, trouble sleeping, feelings of depression, or outbursts of anger—and try to make healthy adjustments accordingly.											<u>7</u>
When I encounter challenges, I am able to keep them in perspective.											<u>4</u>
In times of stress or transition, I seek support rather than taking my stress out on others, or isolating myself.											<u>5</u>
I anticipate and plan for changes and transitions that I know are coming, rather than simply reacting to them when they happen.											<u>6</u>
I refrain from using alcohol, drugs, or food to numb or self-medicate when I am stressed.											<u>6</u>
I choose healthy ways to handle the stresses in my life, such as exercise, meditation, yoga, or other creative outlets.											<u>6</u>
I resist the temptation to overcommit and create unrealistic expectations for myself that cause high levels of intensity and stress.											<u>7</u>
										TOTAL SCORE	<u>60</u>

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The Wellness Compass: A Personalized Well-Being Profile

Sample Results Overview



The following pages contain a series of self-assessments—one focused on each of eight key dimensions of well-being. For each assessment, you'll respond to 10 statements using a scale from 0 (Never) to 10 (Always).

Once you've completed all the assessments, you'll transfer your total scores to the corresponding sections of the Wellness Compass on page 16. This creates a personalized snapshot of your current state of balance and wholeness across different life domains.

Think of this Compass profile as a map of your "wellness landscape," highlighting the areas you've been actively tending to, as well as the ones that may need more of your focused attention and care.

It's important to remember that there are no "good" or "bad" scores here. These results simply reflect your present circumstances. The value lies in using this self-reflective tool as a guide to support your continued growth and change in all aspects of your life.

Ready to get started? Turn the page to begin the self-assessment process.

Relationships

The ability to build and maintain healthy connections with others.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes		Half of the Time			Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I am satisfied with the quality of the relationships I have with my spouse, partner, children, extended family, and/or close friends. _____

I am satisfied with the amount of time I spend with the important people in my life. _____

I am satisfied with the honest conversations I am able to have with those who are important to me. _____

My friends and family can count on me when they need help. _____

I am able to forgive family and friends for past or present hurts. _____

In my close relationships, I am very satisfied that there is a good balance between give and take. _____

I am able to resolve conflict in healthy ways with family and friends. We are able to talk through problems before they can fester. _____

I feel good about the levels of trust, respect, and honesty I have in my relationships. _____

I feel good about the impact my use/or non-use of alcohol and other drugs has on my relationships with family, friends, and/or colleagues. _____

I am able to identify and then work to change or end an unhealthy relationship when needed. _____

TOTAL SCORE _____

Emotions

The capacity to process, express, and receive emotions in a healthy manner.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes		Half of the Time			Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

People who know me well would say that I handle my emotions in healthy ways. _____

I avoid using alcohol, other drugs, and other possibly addictive behaviors to deal with my emotions. _____

I can feel and express the full range of emotions (sadness, fear, joy, laughter, etc.) with people I trust. _____

When someone I care about is upset I am comfortable listening, rather than telling them what to do or detaching from them. _____

I have a solid and healthy sense of self-confidence. _____

I feel good about the way I handle my emotions and how they affect my relationships. _____

I do not feel responsible for other people’s emotions. _____

I am able to communicate my emotions in a positive way without being irritable, critical, or angry. _____

I know the early warning signs of depression and anxiety, and would seek help if I recognize these signs in myself. _____

When I am feeling emotionally overwhelmed, I am able to turn to others for support and help. _____

TOTAL SCORE _____

Spirituality

The development and practice of a personal value system and meaningful purpose.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

My life has meaning and purpose. _____

I have centering/spiritual practices I do regularly to renew my soul, to center myself, and to gain perspective. _____

I am pleased with what I give back to the world. _____

I seek forgiveness from family and friends when I have hurt them. _____

I have a deep sense of gratitude for the good things in my life. _____

I am a part of a community that enriches my spiritual life. _____

The way I live my life is consistent with my spirituality, core values, and beliefs. _____

I can forgive myself when I have made a mistake. _____

I am able to forgive others when I have been hurt. _____

I feel that I am a compassionate person. _____

TOTAL SCORE _____

Rest and Play

The balance between work and renewal through rest and recreation.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I get enough rest to renew myself most of the time. _____

I am satisfied with the amount of time I set aside for healthy fun. _____

I have at least one hobby or interest that renews me, and I take intentional time for it on a regular basis. _____

I actively take advantage of opportunities to try new healthy ways to have fun. _____

I regularly take time to laugh and enjoy life. _____

I am able to take my mind off work/school/other commitments when I am away from them. _____

I take time to recreate and renew myself regularly. _____

I am confident that the amount of time I spend on email, online, watching TV, on my computer, on my phone, and other technology, is good for my overall well-being. _____

I have recreational activities I regularly enjoy with others. _____

I frequently have fun where alcohol and/or other drugs are not involved. _____

TOTAL SCORE _____

Care for the Body

Cultivating healthy habits and practices for your physical well-being.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I get an amount of regular physical activity that is healthy for me. _____

I have a positive attitude toward my physical well-being and how I care for my body. _____

I am comfortable with my sexuality, knowing that my sexual decisions are healthy and safe, both physically and emotionally. _____

Most of the daily decisions I make regarding what I eat and drink are healthy. _____

I go to the doctor and dentist for regular checkups, and seek help when a health problem arises. _____

I feel comfortable about my relationship with food. _____

I know that the decisions I make about the use of tobacco, alcohol, and/or other drugs are healthy for me. _____

I feel comfortable with my current weight. _____

Instead of letting the culture tell me how I should look in terms of weight or appearance, I decide for myself what is healthy and best for me. _____

I regularly get an adequate amount of sleep and feel rested when I awake. _____

TOTAL SCORE _____

Resilience

The ability to deal positively with life’s adversities.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes		Half of the Time			Most of the Time		Always		
0	1	2	3	4	5	6	7	8	9	10

I usually respond to changes in my life with a positive attitude. _____

I am dealing effectively with changes in my life, planned and unplanned. _____

In the midst of stress, I am generally able to remain flexible and adaptable. _____

I recognize the signs of stress—headaches, trouble sleeping, feelings of depression, or outbursts of anger—and try to make healthy adjustments accordingly. _____

When I encounter challenges, I am able to keep them in perspective. _____

In times of stress or transition, I seek support rather than taking my stress out on others, or isolating myself. _____

I anticipate and plan for changes and transitions that I know are coming, rather than simply reacting to them when they happen. _____

I refrain from using alcohol, drugs, or food to numb or self-medicate when I am stressed. _____

I choose healthy ways to handle the stresses in my life, such as exercise, meditation, yoga, or other creative outlets. _____

I resist the temptation to overcommit and create unrealistic expectations for myself that cause high levels of intensity and stress. _____

TOTAL SCORE _____

Organization

Effective management of belongings, finances, and time.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

My relationship with money and material possessions is congruent with my spirituality, beliefs, and core values. _____

Others whose lives are impacted by mine would describe me as well-organized. _____

I am happy with the way I organize my priorities, ensuring that I have enough time to dedicate to the important areas of my life. _____

I am on time for appointments, meetings, and social events. _____

At the end of each day I feel like I have completed most everything I had planned to get done. _____

I have a way of tracking my commitments and keeping them organized that works well for me. _____

I regularly take time to plan ahead for things so that I don’t have to rush around at the last minute to get ready. _____

I am satisfied with my financial organization, which could include how I: maintain a budget, keep track of expenditures, save money, pay bills on time, organize tax information and file tax returns on time. _____

I regularly take time to clean and organize my personal spaces, such as home, car, office, desk, closets, etc. _____

I regularly go through closets, drawers, files, and other storage spaces and get rid of things I no longer need. _____

TOTAL SCORE _____

Vocation

Making the most of employment, education, and volunteering opportunities.

Respond to the following 10 statements with a number between 0–10, based on the following scale. Enter a “10” for any statement that does not apply to you. If filling out on-screen, your total will automatically transfer to your Wellness Compass on page 16. If printing and filling out by hand, transfer the total to your Wellness Compass on page 16.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I make good use of my gifts and talents in the work/education/service I do. _____

I am satisfied with how my work/education/service life is balanced with my personal life. _____

I have others in my life who enjoy the same kind of work/education/service that I do. _____

I welcome opportunities to learn new things to enhance my work/education/service. _____

My work/education/service is congruent with my spirituality, beliefs, and core values. _____

I would feel confident making a change in my work/education/service if I needed to. _____

I am satisfied with the pay and/or recognition I receive for my work/education/service. _____

I enjoy my current work/education/service. _____

If I decided to make a change in my work/education/service, I would know where to begin and where to seek support and guidance. _____

I have a clear sense of purpose and direction in my work/education/service. _____

TOTAL SCORE _____

Your Personalized Wellness Compass

For those working through the assessment digitally, your scores will automatically populate the corresponding sections of the Compass below. Just keep in mind that 0 represents the center, 50 is the halfway point, and 100 is the outer edge.

If you're completing the assessments on paper, you'll manually fill in the Compass with your results from each well-being domain.

It's important to approach these scores without judgment. This is simply a present-moment snapshot of your overall well-being—not a measure of your worth or capabilities. Think of the Compass as a detailed map of your unique "wellness landscape." The shaded areas will highlight the aspects you've been consistently nurturing, as well as the domains that may require more of your focused attention and care. Use this visual guide to celebrate your strengths and strategize constructive ways to address any imbalances.

Remember, there is no single "right" way to cultivate well-being. This is your personalized journey, an opportunity to thoughtfully design your path forward based on your specific needs and circumstances.

