

## ***Your Well-Being Score Sheet***

The table below lists nine domains of well-being with several statements that will help you see how you're doing in each one. Give yourself one point for each of the forty-five items.

### **The Nine Domains of Well-Being**

<b>Domain</b>	<b>Definition</b>
<b>Exercise</b>	<ol style="list-style-type: none"><li>1. I get aerobic exercise 45 minutes or more four or five days per week</li><li>2. I get strength training several days a week (or: I use a personal trainer for half an hour once a week)</li><li>3. I avoid sitting for long periods</li><li>4. I engage in several forms of vigorous activity during my leisure time each week</li></ol>
<b>Nutrition &amp; Diet</b>	<ol style="list-style-type: none"><li>5. I eat vegetables, fruits, grains, and legumes daily</li><li>6. I avoid sugar and processed foods</li><li>7. I restrict my intake of dairy, alcohol, and caffeine</li><li>8. I eat meat only occasionally</li><li>9. I take vitamin supplements</li></ol>
<b>Time Spent in Nature</b>	<ol style="list-style-type: none"><li>10. I spend time walking in nature most weeks</li><li>11. I enjoy camping and/or get regular exercise outdoors</li><li>12. I observe birds and other wildlife</li><li>13. I live in harmony with the natural world</li></ol>
<b>Relationships</b>	<ol style="list-style-type: none"><li>14. I am in regular contact with immediate family</li><li>15. I am in regular contact with extended family</li><li>16. I have close friends I've known for years</li><li>17. I have acquaintances from different stages and parts of my life</li><li>18. I meet new people regularly</li><li>19. I socialize with people alone and in groups</li></ol>

<b>Recreation</b>	<ul style="list-style-type: none"> <li>20. I engage in creative expression</li> <li>21. I sometimes enjoy doing nothing</li> <li>22. I enjoy trying new things just for fun</li> <li>23. I do fun things alone and with others</li> <li>24. I approach life with humor</li> </ul>
<b>Relaxation &amp; Stress Management</b>	<ul style="list-style-type: none"> <li>25. I meditate</li> <li>26. I exercise to combat stress</li> <li>27. I get enough sleep</li> <li>28. I am kind to myself and my body</li> <li>29. I balance work and play</li> <li>30. I get support from others</li> </ul>
<b>Religious &amp; Spiritual Involvement</b>	<ul style="list-style-type: none"> <li>31. I participate in a faith-based community</li> <li>32. I believe in a higher power</li> <li>33. I know what my values are, and I try to live by them</li> <li>34. I feel part of something larger</li> <li>35. I forgive myself for my mistakes</li> <li>36. I forgive others for their mistakes</li> </ul>
<b>Contribution &amp; Voluntary Service</b>	<ul style="list-style-type: none"> <li>37. I volunteer my time for worthy causes</li> <li>38. I share my skills with others</li> <li>39. I try to make the world a better place</li> <li>40. I mentor others who are younger or less experienced</li> </ul>
<b>Sense of Challenge &amp; Purpose</b>	<ul style="list-style-type: none"> <li>41. I set goals and review them regularly</li> <li>42. I feel stimulated by my work on most days</li> <li>43. I enjoy trying new things</li> <li>44. I keep learning new skills</li> <li>45. My life has meaning</li> </ul>

A score of 35-45 is excellent. A score of 25-34 is good and should suggest some areas where you can do further work. If you score below 25, consider the possibility that you will feel greater joy and satisfaction with your life once you have eliminated some stress and addressed some other imbalances.

I hope this exercise gave you some new ideas about living well. I'll be in touch with more resources, but if you'd like to reach out to me, send me a quick note at [MBrubeck@MarciaBrubeck.com](mailto:MBrubeck@MarciaBrubeck.com).