Intellectual Wellness 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. Consider changes you can 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!
In completing this wellness assessment on intellectual wellness,

- I was surprised to learn that...

- I was disappointed that...

- Things I am currently doing to help improve my intellectual wellness are...

- Things I will do differently or change to make my intellectual wellness a priority are...