

## Wellbeing Self-Assessment Chart

Instructions:

1. Rate yourself in each category using the scale below.

- 1 = Needs Improvement

- 2 = Below Average

- 3 = Average

- 4 = Good

- 5 = Excellent

2. Reflect on your strengths and areas for improvement.

3. Set personal goals based on your assessment.

4. Share your results with a partner or group if applicable.

Category	Description	Rating (1-5)
Physical Activity	How often do you engage in physical exercise or activities that keep you active?	
Healthy Eating	Do you maintain a balanced diet with nutritious meals?	
Sleep Quality	How well do you sleep at night, and do you get enough rest?	
Stress Management	How effectively do you handle stress in daily life?	
Emotional Awareness	Are you aware of and able to manage your emotions effectively?	
Mindfulness Practice	How often do you practice mindfulness or meditation?	
Relationships	Do you have supportive and positive relationships in your life?	
Gratitude and Positivity	How frequently do you express gratitude and maintain a positive outlook?	
Hobbies and Interests	Do you make time for activities that bring you joy or relaxation?	
Mental Health Awareness	How well do you recognize when you need support and seek help for mental health concerns?	
Hydration	Do you drink enough water daily to stay hydrated?	
Time Management	How well do you balance work, studies, and leisure activities?	