

What is Your Environmental Wellness?

The environmental dimension involves accepting the impact we have on our world and doing something about it.

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 consciously conserve energy (electricity, heat, light, water, etc.) in my place of residence.
- _____ 2. I practice recycling (glass, paper, plastic, etc.)
- _____ 3. I am committed to cleaning up the environment (air, soil, water, etc.)
- _____ 4. I consciously carpool, ride a bicycle, walk, etc. in order to conserve fuel energy and to lessen the pollution in the atmosphere.
- _____ 5. I limit the use of fertilizers and chemicals when managing my yard/lawn/outdoor living space.
- _____ 6. I do not use aerosol sprays.
- _____ 7. I do not litter.
- _____ 8. I volunteer my time for environmental conservation projects.
- _____ 9. I purchase recycled items when possible, even if they cost more.
- _____ 10. I feel very strongly about doing my part to preserve the environment.

_____ **Total for Environmental Wellness**

SCORE	MEANING
15 to 20 Points	Excellent strength in this dimension.
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?
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.