

What is Your Social Wellness?

Are your relationships satisfying? How are you at developing and nourishing your relationships?

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 contribute time and/or money to social and community projects.
- _____ 2. I am committed to a lifetime of volunteerism.
- _____ 3. I have a network of close friends and/or family.
- _____ 4. I am able to balance my own needs with the needs of others.
- _____ 5. I try to abide by the laws and rules of our society.
- _____ 6. I am a compassionate person and try to help others when I can.
- _____ 7. I support and help with family, neighborhood, and work or social gatherings.
- _____ 8. I enjoy time I spend with others.

_____ **Total for Social Wellness**

SCORE	MEANING
12 to 16 Points	Excellent strength in this dimension.
7 to 11 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 6 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.