

**Figure 1.3: Wellness Self-Assessment**

<b>Wellness Self-Assessment</b>			
Directions: In this self-assessment, mark your current practice of self-care in the appropriate box, using the levels 1 (never), 2 (sometimes), and 3 (often).			
<b>Physical Domain</b>	<b>1</b>	<b>2</b>	<b>3</b>
Eating balanced meals, including vegetables, fruits, whole grains, lean proteins, and low-fat milk			
Eating healthy snacks			
Drinking six or more cups of water per day			
Sleeping for seven to nine hours each night			
Practicing structured bedtime routines that eliminate a dependency on screen time			
Engaging in 150 minutes of moderate-intensity aerobic physical activity, 75 minutes of vigorous-intensity physical activity, or an equivalent combination of both each week			
<b>Mental Domain</b>	<b>1</b>	<b>2</b>	<b>3</b>
Sharing leadership responsibilities			
Delegating tasks			
Blocking out time in your daily schedule to attend to tasks			
Setting clear expectations and boundaries for communication			
Setting clear expectations and boundaries for respecting personal or family time			
Implementing effective time-management strategies			
<b>Emotional Domain</b>	<b>1</b>	<b>2</b>	<b>3</b>
Working on being an authentic listener			
Engaging in self-awareness routines			
Being honest about strengths and areas of need			
Actively reflecting			
Prioritizing your own emotional needs			
Engaging in meditation or mindfulness routines			
<b>Social Domain</b>	<b>1</b>	<b>2</b>	<b>3</b>
Spending time with friends and family			
Taking time for a hobby			
Planning a trip (in your city or far away)			
Finding and using an accountability partner for your wellness			
Networking with other leaders			

Reflect on the following questions.

1. What insights did you gain from the assessment results?
2. Were there any surprises that stood out to you?
3. What are your current strengths?
4. In which areas do you see opportunities for improvement?
5. Based on the assessment, what wellness goals would you like to set for yourself? (Ensure this is doable, like drinking six to eight cups of water every day.)
  - a. Physical goal:
  - b. Mental goal:
  - c. Emotional goal:

d. Social goal:

6. What additional resources or support will you need to attain your goals?

7. Who can you ask to be your accountability partner?

8. What action steps will you take to attain your goal?

9. How will you celebrate successes along the way?

10. How can you frequently assess your wellness?