WELLNESS SELF-ASSESSMENT

As a leader in a service-based industry, your wellness directly impacts your ability to lead effectively and sustainably. Use this self-assessment tool to reflect on your current well-being, identify areas for growth, and create a plan for integrating wellness into your leadership journey this year.

Part 1: Self-Assessment Questions

Physical Wellness

1. How often do you engage in physical activity that energizes you (e.g., walking, yoga, gym)?
   - ( ) Daily
   - ( ) A few times a week
   - ( ) Rarely
2. Do you prioritize getting 7-9 hours of sleep each night?
   - ( ) Always
   - ( ) Sometimes
   - ( ) Rarely
3. Are you mindful of your nutrition and hydration throughout the day?
   - ( ) Yes, consistently
   - ( ) Sometimes
   - ( ) Rarely

Emotional Wellness

1. Do you feel emotionally supported by your community or loved ones?
   - ( ) Yes, I have a strong support network
   - ( ) Sometimes, but I could use more support
   - ( ) Rarely or never
2. How often do you acknowledge and process your emotions?
   - ( ) Regularly
   - ( ) Occasionally
   - ( ) Rarely

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3. Are you mindful of your nutrition and hydration throughout the day?
    - ( ) Yes, consistently
    - ( ) Sometimes
    - ( ) Rarely

Emotional Wellness

1. Do you feel emotionally supported by your community or loved ones?
    - ( ) Yes, I have a strong support network
    - ( ) Sometimes, but I could use more support
    - ( ) Rarely or never
2. How often do you acknowledge and process your emotions?
    - ( ) Regularly
    - ( ) Occasionally
    - ( ) Rarely
3. Do you take time to engage in activities that bring you joy and relaxation?
    - ( ) Frequently
    - ( ) Sometimes
    - ( ) Rarely

Mental Wellness

1. How often do you feel overwhelmed by your responsibilities?
    - ( ) Rarely
    - ( ) Occasionally
    - ( ) Often

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2. Do you have strategies to manage stress effectively?
    - ( ) Yes, and I use them regularly
    - ( ) Some, but I'm inconsistent
    - ( ) No, I struggle to manage stress
3. Are you able to focus on tasks without frequent distractions or mental fatigue?
    - ( ) Yes, I feel focused and clear
    - ( ) Sometimes, but it depends on the day
    - ( ) Rarely

Spiritual Wellness

1. Do you feel a sense of purpose or alignment with your values in your work?
    - ( ) Yes, I'm deeply aligned
    - ( ) Somewhat
    - ( ) No, I feel disconnected
2. How often do you engage in practices that nurture your spirit (e.g., prayer, meditation, journaling)?
    - ( ) Daily
    - ( ) Occasionally
    - ( ) Rarely
3. Do you feel connected to something greater than yourself?
    - ( ) Yes, consistently
    - ( ) Sometimes
    - ( ) Rarely

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Part 2: Reflect and Identify Key Areas for Growth

- Which areas of wellness (physical, emotional, mental, spiritual) feel strong and balanced?

- Which areas need more attention?

- What habits or practices could you add, remove, or adjust to improve your overall well-being?

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Part 3: Tips for Integrating Wellness as a Leader

Physical Wellness:

- Start Small: Incorporate short walks or stretching breaks into your workday.
- Fuel Your Body: Keep healthy snacks and a water bottle nearby to stay nourished and hydrated.

Emotional Wellness:

- Connect Regularly: Schedule time with friends, family, or colleagues to foster meaningful relationships.
- Unplug: Dedicate at least 15 minutes daily to a screen-free activity that relaxes you.

Mental Wellness:

- Prioritize: Use tools like a planner or digital calendar to manage tasks and avoid overwhelm.
- Practice Gratitude: Start or end your day by listing three things you're grateful for.

Spiritual Wellness:

- Reflect Daily: Set aside quiet time for journaling or meditation to realign with your purpose.
- Serve With Intention: Remind yourself of the "why" behind your leadership and mission.