

The Smart Lioness' - Emotional Wellness Survey

How is your emotional wellness?

HILLARY MONTIJO, M.S. CLINICAL MENTAL HEALTH

- MOST OF US KNOW THE GUIDELINES FOR PHYSICAL FITNESS & THE BASICS OF HEALTHY EATING. YET ALL TOO OFTEN PEOPLE ARE UNAWARE OF THE KEY ELEMENTS OF "EMOTIONAL WELLNESS."
- BELOW IS A QUICK QUIZ TO GET YOUR EMOTIONAL WELLNESS I.Q. TEST YOURSELF OCCASIONALLY TO GAUGE IF YOU ARE BOOSTING YOUR EMOTIONAL WELLNESS!
- BELOW ARE 8 ITEMS THAT YOU MAY AGREE WITH OR DISAGREE WITH. ON A SCALE OF 1 TO 7, RATE YOUR LEVEL OF AGREEMENT WITH EACH ITEM, BEING HONEST & OPEN WITH YOURSELF.

- **7 - STRONGLY AGREE**

- **6 - AGREE**

- **5 - SLIGHTLY AGREE**

- **4 - NEITHER AGREE OR DISAGREE**

- **3 - SLIGHTLY DISAGREE**

- **2 - DISAGREE**

- **1 - STRONGLY DISAGREE**

_____ I feel satisfied with who I am & where I am in my life.

_____ I refuse to allow regrets & disappointments cloud "today."

_____ I feel a strong sense of connection with others & do not feel isolated.

_____ I tend to think rationally & optimistically

_____ I do not hold onto grudges & can forgive others for not living up to my expectations.

_____ I feel a great sense of control over my emotions, thoughts & feelings

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_____ I have a healthy sense of humor & can laugh at life's imperfections

_____ I feel more gratitude for what I have rather than focus on what's lacking.

TOTAL YOUR SCORE HERE: _____

51-56 EMOTIONAL WELLNESS IS EXTRAORDINARY!

45-50 HIGH LEVEL OF EMOTIONAL WELLNESS

40-46 MODERATE LEVEL OF EMOTIONAL WELLNESS

32-39 EMOTIONAL WELLNESS NEEDS SOME BOOSTING!

24-31 EMOTIONAL WELLNESS IS LOW!

16-23 EMOTIONAL WELLNESS IS DANGEROUSLY LOW!

BELOW 15 DANGER ZONE - SEEK ASSISTANCE!!

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