

EMOTIONAL WELLNESS SURVEY

The Smart Lioness

How is your emotional wellbeing?

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

- 1.) I feel satisfied with who I am & where I am in my life.
- 2.) I refuse to allow regrets & disappointments cloud "today."
- 3.) I feel a strong sense of connection with others & do not feel isolated.
- 4.) I tend to think rationally & optimistically
- 5.) I do not hold onto grudges & can forgive others for not living up to my expectations.
- 6.) I feel a great sense of control over my emotions, thoughts & feelings
- 7.) I have a healthy sense of humor & can laugh at life's imperfections)
- 8.) I feel more gratitude for what I have rather than focus on what's lacking.

Add all of your answers together and then compare your score here. When you have your final score post it in the FB group.

- 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!!**