

LIVING WELL AWARE™






WELLNESS SCORE

SCORING GUIDE



The World Health Organization defines **Wellness** as “the optimal state of health of individuals and groups, involving not only the realization of the **fullest potential of an individual** physically, psychologically, socially, spiritually and economically, but **one’s role expectations** in the family, community, place of worship, workplace and other settings.”

Living WELL Aware™ has constructed a scoring system based on these five areas to guide participants to critically evaluate these components of their health. Please review this *SCORING GUIDE* before completing your *SCORING SHEET*.

	5	4	3	2	1
 Physical	Athlete Great Strength/Stamina Normal Numbers (i.e. weight, blood pressure, cholesterol profile, and fasting blood sugar)	Good Strength/Stamina Physical Activity 4 or More Times/Week Normal or Near Normal Numbers	Fair Strength/Stamina Physical Activity 2-3 Times/Week Numbers May or May Not Be Normal	Marginal Strength/Stamina Infrequent Physical Activity One or More Abnormal Numbers	Poor Strength/Stamina Rare/No Physical Activity May Have Several Abnormal Numbers
 Emotional	No Depression, Anxiety, Stress Positive Coping Strategies for All Life Events No Matter How Catastrophic	No Depression or Anxiety, but Life Events Can Lead to Stress/Irritability Consistent Use of Positive Coping Strategies with Occasional Setbacks	Occasionally Depressed or Anxious with Minor Interference of Daily Activities/Work Performance Inconsistent Use of Positive Coping Strategies	Depression or Anxiety Interferes with Daily Activities/Work Performance Lacking Positive Coping Strategies	Consumed with Anxiety or Depression Resulting in Inability to Work or Function No Coping Strategies
 Social	Skilled in Giving and Receiving Love, Care, and Support When Difficulties in Relationships Arise, Highly Effective in Resolving Issues	Confident in Ability to Receive Love, Care, and Support Good at Repairing Relationships	Able to Receive Love, Care, and Support but Fearful or Angry When Difficulties Arise Questionable Skills When Repairing Relationships	Unsure of Ability to Give and Receive Love, Care, and Support Difficulty with Repairing Relationships History of Unresolved Relationships	Feels Unworthy of Love, Care, and Support Unable to Have Healthy Relationships
 Financial	Could Exist Without Any Entitlements Totally at Peace with Finances No Matter Future Events No Debt	Financial Planning in Place, but Could Be Insufficient if Major Events Occur No Debt	Meeting Financial Needs but Concerned About Future May Have Some Debt	Struggling to Meet Financial Needs Substantial Debt	Not Able to Meet Needs Extensive Assistance Needed
 Spiritual	Unselfishly Loving, Giving, Forgiving Willing to Sacrifice and Suffer to Help Others (ex: Mother Teresa) Deeply Connected to a Higher Power or Inner Spirit	Loving and Forgiving with No Grievances Giving Is a Life Focus but Not to The Point of Sacrificing One’s Lifestyle Frequent Connection to a Higher Power or Inner Spirit	Occasional Difficulties with Loving, Giving, and/or Forgiving May Hold Grievances Occasional Connection to a Higher Power or Inner Spirit	Frequent Difficulties with Loving, Giving, and/or Forgiving Holds Grievances Minimal Connection to a Higher Power or Inner Spirit	Not Loving, Giving, and/or Forgiving Hatred Dominates No Connection to a Higher Power or Inner Spirit

LIVING WELL AWARE™

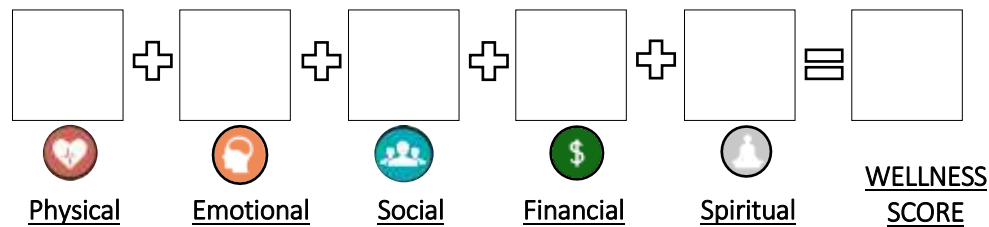
WELLNESS SCORE

SCORING SHEET



We cannot begin improving the quality of our lives without honestly assessing our **current** health status and envisioning the level of wellness we desire in our lives. After reading the LWA™ *SCORING GUIDE*, use this LWA™ *SCORING SHEET* to calculate your WELLNESS SCORE in each of the W.H.O. defined areas based on a scale from 5 (highest) to 1 (lowest). It is better to underscore than over score when it comes to rating your wellness to better assess future changes. You may use ½ points if you have extreme difficulty in choosing between 2 numbers.

No one is a 25! We are all a work in progress. Do not compare your score against others. You are only competing against yourself. By reassessing your score periodically and by Living WELL Aware™, you will see improvements in your score and greater levels of health and happiness.



What is Your Wellness Category?

5 – 9: Health Alert; Make Wellness Your Priority

If you have found yourself in this category, your time is now! Seek a healthcare provider, spiritual director, financial advisor, or others to assist you in getting your life on an improved path to wellness. Dump the negative and start thinking positive. Start focusing on Living WELL Aware™.

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” Thomas A. Edison

10 – 14: Move Forward and Keep Making Improvements

You can do this! It is essential that you continue making strides in your journey. Envision daily the person you desire to be and set goals to make it happen. Seek and secure support! Surround yourself with individuals who inspire you and challenge you to be a better person.

“We may encounter many defeats, but we must not be defeated.” Maya Angelou

15 – 19: Strive for More, Never Stop Challenging Yourself

Great! If you scored in this category, you are making health a priority. Strive to reach further by focusing on areas you may be neglecting and challenge yourself to step out of your routine to make your wellness journey even greater!

“I attribute my success to this: I never gave or took any excuse.” Florence Nightingale

20 +: Becoming the Best Version of Yourself!

Congratulations! Wellness is a life priority for you. Help others improve their health and happiness as you continue to strive for excellence. Onward!

“Failure will never overtake me if my determination to succeed is strong enough.” Og Mandino