

WELLNESS CALCULATOR

Evaluating the Dimensions of Wellness in Your Life



Wellness is a broad term used to describe the holistic approach to health, happiness, and overall well-being. There are eight dimensions of wellness that work in harmony to create a fulfilling life.

WellAge Senior Living, offering meaningful senior living experiences, has created this short quiz to help you determine how rewarding your life is within each dimension of wellness.

Please note that this is not intended to diagnose or quantify a successful life, but rather is a guide to help you evaluate your life and your goals.



EMOTIONAL/MENTAL DIMENSION

1. Do you practice gratitude?
 - A. Yes
 - B. No
2. Are you able to recognize and interpret your own feelings?
 - A. Yes
 - B. No
3. Do you have a positive self-image?
 - A. Yes
 - B. No



ENVIRONMENTAL DIMENSION

4. Do you spend a few moments outside each day?
 - A. Yes
 - B. No
5. Do you keep a tidy and uncluttered home?
 - A. Yes
 - B. No
6. Are you aware of the impact that humans have on the planet and the environment?
 - A. Yes
 - B. No



FINANCIAL DIMENSION

7. Are you able to consistently pay your bills on time?
 - A. Yes
 - B. No
8. Do you maintain a budget and monitor your spending?
 - A. Yes
 - B. No



INTELLECTUAL DIMENSION

9. Do you regularly engage in content that interests you? (Books, podcasts, articles, etc.)
 - A. Yes
 - B. No
10. Do you intentionally focus on strengthening your current skills and learning new ones?
 - A. Yes
 - B. No
11. Do you challenge yourself mentally with brain games, puzzles, and problem-solving?
 - A. Yes
 - B. No



OCCUPATIONAL DIMENSION

12. Are you able to effectively communicate with other people, inside and outside of a job environment?
 - A. Yes
 - B. No
13. Do you/did you take personal satisfaction in your career?
 - A. Yes
 - B. No
14. If you no longer work, do you actively pursue volunteer opportunities?
 - A. Yes
 - B. No



PHYSICAL DIMENSION

15. Do you get regular exercise?
 - A. Yes
 - B. No
16. Do you see your physician on a regular basis?
 - A. Yes
 - B. No
17. Do you consider yourself to eat healthy, balanced meals?
 - A. Yes
 - B. No



SPIRITUAL DIMENSION

18. Do you take time to explore your values, principles, and beliefs?
 - A. Yes
 - B. No
19. Do you regularly connect with others, nature, and yourself in a religious or otherwise spiritual setting?
 - A. Yes
 - B. No



SOCIAL DIMENSION

20. Are you involved in any type of club, social group, or volunteer group?
 - A. Yes
 - B. No
21. Do you keep in touch and stay connected with friends and family?
 - A. Yes
 - B. No
22. Are you able to interact with a diverse group of people?
 - A. Yes
 - B. No

YOUR RESULTS

If you answered mostly A's... You most likely have a good balance of wellness across all areas of your life. Keep focusing on the things that give you joy and fulfillment!

If you answered mostly B's... You are either spending too much time and energy on one dimension of wellness and neglecting the others, or you simply need to nourish all of them equally. It's never too late to work towards a better you!

At WellAge Senior Living, we provide opportunities to nourish all areas of wellness to create a successful and meaningful life. Our independent living, assisted living, and memory care services offer everything you need to **Age Well** and **Live Well**.

**To discover more about how WellAge enhances wellness,
[contact us today!](#)**



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