



# WELLNESS VALUATION

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## **I. Life Satisfaction and Life Evaluation**

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you, and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?  
[0 = Worst Possible, 10 = Best Possible]
2. On which step do you think you will stand about five years from now?  
[0 = Worst Possible, 10 = Best Possible]
3. Overall, how satisfied are you with life as a whole these days?  
[0 = Not Satisfied at All, 10 = Completely Satisfied]

## **II. Physical & Mental Health, Physical Function**

4. In general, how would you rate your physical health?  
[0 = Poor, 10 = Excellent]
5. How would you rate your overall mental health?  
[0 = Poor, 10 = Excellent]
6. For at least the past 6 months, to what extent have you been limited because of a health problem in activities people usually do?  
[0 = Not Limited at All, 10 = Severely Limited]

## **III. Meaning and Purpose**

7. Overall, to what extent do you feel the things you do in your life are worth while?  
[0 = Not at All Worthwhile, 10 = Completely Worthwhile]
8. I understand my purpose in life.  
[0 = Strongly Disagree, 10 = Strongly Agree]
9. I have a sense of direction and purpose in life.  
[0 = Strongly Disagree, 10 = Strongly Agree]

#### **IV. Character and Caring**

- 10.** I always act to promote good in all circumstances, even in difficult and challenging situations.  
[0 = Not True of Me, 10 = Completely True of Me]
- 11.** I am always able to give up some happiness now for greater happiness later.  
[0 = Not True of Me, 10 = Completely True of Me]
- 12.** How often do you show someone in your community that you love or care for them?  
[0 = Never, 10 = Very Frequently]

#### **V. Relationships**

- 13.** I am content with my friendships and relationships.  
[0 = Strongly Disagree, 10 = Strongly Agree]
- 14.** My relationships are as satisfying as I would want them to be.  
[0 = Strongly Disagree, 10 = Strongly Agree]
- 15.** How often do you feel lonely?  
[0 = Never, 10 = Always]

#### **VI. Community and Social Support**

- 16.** How would you describe your sense of belonging to your local community?  
[0 = Very Weak, 10 = Very Strong]
- 17.** If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them, or not?  
[0 = Never, 10 = Always]
- 18.** Are you satisfied or dissatisfied with the city or area where you live?  
[0 = Completely Dissatisfied, 10 = Completely Satisfied]



## VII. Financial Evaluation and Stability

19. How often do you worry about being able to meet normal monthly living expenses?  
[0= Worry All of the Time, 10 = Do Not Ever Worry]
20. How often do you worry about safety, food, or housing?  
[0= Worry All of the Time, 10 = Do Not Ever Worry]
21. Please imagine the top of the ladder represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.  
[0=Worst Possible, 10 = Best Possible]

## VIII. Affect

22. In general, how happy or unhappy do you usually feel?  
[0= Extremely Unhappy, 10 = Extremely Happy]
23. During the past two weeks, how often have you experienced positive emotions such as joy, affection or hope?  
[0 = Never, 10 = All of the Time]
24. During the past two weeks, how often have you experienced negative emotions such as sadness, worry or despair?  
[0 = Never, 10 = All of the Time]

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