# The Quantum Lead

**Wellness Assessment Scorecard**

| **Question** | **Response** |
| --- | --- |
| 1. **How would you rate your overall mental wellbeing?** | **a) Very poor**  **b) Poor**  **c) Average**  **d) Good**  **e) Excellent** |
| 1. **How often do you feel stressed or anxious?** | **a) Constantly**  **b) Frequently**  **c) Occasionally**  **d) Rarely**  **e) Never** |
| 1. **How satisfied are you with your emotional stability?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How would you rate your physical health?** | **a) Very poor**  **b) Poor**  **c) Average**  **d) Good**  **e) Excellent** |
| 1. **How often do you engage in physical exercise?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Regularly**  **e) Daily** |
| 1. **How balanced is your nutritional intake?** | **a) Very unbalanced**  **b) Unbalanced**  **c) Somewhat balanced**  **d) Balanced**  **e) Very balanced** |
| 1. **How often do you prioritize self-care activities?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Always** |
| 1. **How connected do you feel to your spiritual beliefs or practices?** | **a) Not connected at all**  **b) Slightly connected**  **c) Moderately connected**  **d) Very connected**  **e) Completely connected** |
| 1. **How satisfied are you with your current career or professional path?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you engage in activities that fulfill you professionally?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Daily** |
| 1. **How satisfied are you with your social relationships?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you spend quality time with friends or family?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Daily** |
| 1. **How satisfied are you with your current living environment?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How environmentally conscious are your daily habits?** | **a) Not at all**  **b) Slightly**  **c) Moderately**  **d) Very**  **e) Extremely** |
| 1. **How financially secure do you feel?** | **a) Very insecure**  **b) Insecure**  **c) Neutral**  **d) Secure**  **e) Very secure** |
| 1. **How often do you budget your finances?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Always** |
| 1. **How satisfied are you with your current financial situation?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you save money for the future?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Always** |
| 1. **How well do you manage financial stress?** | **a) Very poorly**  **b) Poorly**  **c) Average**  **d) Well**  **e) Very well** |
| 1. **How often do you practice relaxation techniques?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Regularly**  **e) Daily** |
| 1. **How satisfied are you with your current level of sleep quality?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you engage in activities that promote mental clarity?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Daily** |
| 1. **How balanced do you feel between work and personal life?** | **a) Very unbalanced**  **b) Unbalanced**  **c) Somewhat balanced**  **d) Balanced**  **e) Very balanced** |
| 1. **How often do you engage in hobbies or activities you enjoy?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Daily** |
| 1. **How satisfied are you with your ability to handle life's challenges?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you practice gratitude?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Regularly**  **e) Daily** |
| 1. **How satisfied are you with your sense of purpose or meaning in life?** | **a) Very dissatisfied**  **b) Dissatisfied**  **c) Neutral**  **d) Satisfied**  **e) Very satisfied** |
| 1. **How often do you engage in activities that foster personal growth?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Daily** |
| 1. **How well do you manage your time?** | **a) Very poorly**  **b) Poorly**  **c) Average**  **d) Well**  **e) Very well** |
| 1. **How often do you seek support when needed?** | **a) Never**  **b) Rarely**  **c) Occasionally**  **d) Often**  **e) Always** |

**Your Wellness Score\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Assessment Goal:**

The Wellness Assessment Scorecard is designed to help you determine your current overall wellbeing at the time you take the assessment. This is not a one and done experience; in fact, it’s imperative that you frequently do wellness assessments and resets to maintain your personal wellbeing and continue to thrive as your grow in each area of your life. While a certain number of points provides a scale of where you are ranging from poor to excellent health, please refrain from judging where you currently are and instead focus on your opportunities for growth and develop. Scrappy Girl Project hopes you will reassess as early and often as you need to in order to achieve your wellbeing goals.

**Score Legend**

1. **0 points**
2. **1 point**
3. **2 points**
4. **3 points**
5. **4 points**

**Wellness Score**

1. **101-120 points |** Excellent Health and Wellbeing
2. **81-100 points |** Good Health and Wellbeing
3. **61-80 points |** Satisfactory Health and Wellbeing
4. **0-60 points |** Poor Health and Wellbeing