

# Five Components of a Healthy Self

## Expanded Inventory

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Rate yourself on a scale of 1 to 10 with 1 being very poor and 10 being excellent...

### 1. Social: Has to do with who I associate with and how I relate to others.

Communication with others \_\_\_\_\_  
Appropriate boundaries and expectations \_\_\_\_\_  
Service to others \_\_\_\_\_  
Conflict resolution \_\_\_\_\_  
Role knowledge \_\_\_\_\_  
Score \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 2. Physical: How well are you treating your body.

Eating Habits \_\_\_\_\_  
Nutrition \_\_\_\_\_  
Exercise \_\_\_\_\_  
Rest and Relaxation \_\_\_\_\_  
Recreation \_\_\_\_\_  
Score \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 3. Intellectual: Has to do with what I think and how often I think about those things. Also, it is how I process the world/life around me.

Self-awareness (processing thoughts) \_\_\_\_\_  
Relationship awareness (knowing other's thoughts) \_\_\_\_\_  
Abstract thinking (dreaming and envisioning) \_\_\_\_\_  
Concrete thinking (logical and rational) \_\_\_\_\_  
Mission and life philosophy (knowing purpose) \_\_\_\_\_  
Score \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. Emotional: Has to do with how I feel and how I express my feelings.**

- Self-awareness (processing feelings) \_\_\_\_\_
  - Relationship awareness (knowing other's feelings) \_\_\_\_\_
  - Vulnerability and openness \_\_\_\_\_
  - Effective expression of feelings \_\_\_\_\_
  - Empathy and compassion \_\_\_\_\_
- Score \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. Spiritual: Has to do with who I am or who I was created to be and how I am responding spiritually.**

- Inner awareness of who I am and having a sense of wholeness \_\_\_\_\_
  - Mindfulness of self, others and my environment \_\_\_\_\_
  - Meaning (having meaning for living) \_\_\_\_\_
  - Integrity (true to convictions and values) \_\_\_\_\_
  - Purpose (living a life greater than its length) \_\_\_\_\_
- Score \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_