

The Wellness Compass Journey
Activity 21. Step 1.1: The Wellness Compass Profile

Part 1: Profile Assessment

1. Read each statement below. Circle the number that indicates how often you embody each statement.
2. Sum statement numbers to create goal totals. Sum goal totals to create domain totals. Flip over to complete.

Wellness Goals and Supporting Statements		Rarely	Some-times	Often	Usually	Almost Always	Goal Totals	Domain Totals	
Spiritual Well-Being	1. Principle-Centered								
	I am honest and trustworthy.	1	2	3	4	5			
	Others would say I am fair and respectful.	1	2	3	4	5			
	My values guide my decision-making.	1	2	3	4	5			
	Principle-Centered Goal Total								
	2. Clear Conscience								
	Others say I am open-minded.	1	2	3	4	5			
	I forgive and feel forgiven for my mistakes.	1	2	3	4	5			
	I feel free of anger, shame, and guilt.	1	2	3	4	5			
	Clear Conscience Goal Total								
	3. Caring								
	I love and respect myself.	1	2	3	4	5			
	I unconditionally love others.	1	2	3	4	5			
Others would say I care about the environment.	1	2	3	4	5				
Caring Goal Total									
Spiritual Well-Being Domain Total									
Socioemotional Well-Being	4. Cheerful								
	I am aware of my and others' emotions.	1	2	3	4	5			
	Others would say I am a positive person.	1	2	3	4	5			
	I feel content and enjoy life.	1	2	3	4	5			
	Cheerful Goal Total								
	5. Connected								
	I am confident that I am a good communicator.	1	2	3	4	5			
	I am faithful (or loyal) to my significant other.	1	2	3	4	5			
	I connect well with the key people in my life.	1	2	3	4	5			
	Connected Goal Total								
	6. Self-Control								
	I am patient.	1	2	3	4	5			
	I control my emotions well.	1	2	3	4	5			
Others would report I have good self-control.	1	2	3	4	5				
Self-Control Goal Total									
Socioemotional Well-Being Domain Total									
Physical Health	7. Cautious and Preventative								
	I practice safety and cleanliness.	1	2	3	4	5			
	I am prudent about drugs, alcohol, and risk-taking.	1	2	3	4	5			
	I get recommended dental and medical checkups.	1	2	3	4	5			
	Cautious and Preventative Goal Total								
	8. Committed to My Self-Care								
	I am disciplined and have strong willpower.	1	2	3	4	5			
	I get the water, nutrients, and sleep my body needs.	1	2	3	4	5			
	I am healthy and have a healthy body weight.	1	2	3	4	5			
	Self-Care Goal Total								
	9. Energized and Fit								
	I meet recommendations for physical activity.	1	2	3	4	5			
	I have the strength, balance, and flexibility I need and have minimal pain upon exertion.	1	2	3	4	5			
I have the energy to do what I need to do.	1	2	3	4	5				
Energized and Fit Goal Total									
Physical Health Domain Total									

Wellness Goals and Supporting Statements		Rarely	Some-times	Often	Usually	Almost Always	Goal Totals	Domain Totals	
Life's Purpose	10. Courageously Changing								
	I am brave even when I'm afraid.	1	2	3	4	5			
	Others will report I am adaptable to change.	1	2	3	4	5			
	I am credentialed and committed to lifelong learning.	1	2	3	4	5			
	Courageously Changing Total								
	11. Prioritized and Responsible								
	I know my key roles and my life's purpose.	1	2	3	4	5			
	Others would report I do things well the first time.	1	2	3	4	5			
	I have an effective planning system to accomplish key tasks in each of my roles.	1	2	3	4	5			
	Prioritized and Responsible Total								
	12. Fully Contributing								
	I am increasingly wise or more effective.	1	2	3	4	5			
I/we have the financial security I/we need.	1	2	3	4	5				
I am accomplishing my life's purpose well.	1	2	3	4	5				
Fully Contributing Total									
Life's Purpose Domain Total									
Balance	13. Maintain Balance								
	I know I am capable of resolving issues that come my way and will accomplish my goals.	1	2	3	4	5			
	I reassess my goals across all aspects of my well-being at least twice a year.	1	2	3	4	5			
	My life and wellness are in balance.	1	2	3	4	5			
Maintain Balance Goal and Domain Total									

Part 2: Wellness Compass Profile Total

- Using the table below, sum goal totals vertically to create four domain totals.
- Sum the four domain totals and place the result in the Domain Sum line in the Sub/Grand Total column.
- Place your Maintain Balance Total (goal 13 from above) into the Subtotals column.
- Give yourself a one-point bonus for each year you have completed this profile (maximum five points).
- Your Wellness Compass Profile total is the domain sum plus the balance total plus the maintenance bonus.

Directional Domains and Goals				Sub/Grand Total
1. Spiritual	2. Socioemotional	3. Physical Health	4. Purpose	
Principle	Cheerfulness	Cautiousness	Change	Domain Sum =
Conscience	Connectedness	Self-Care	Prioritization	Balance Total =
Caring	Control	Energy and Fitness	Contribution	Maintenance =
1. Domain =	2. Domain =	3. Domain =	4. Domain =	Profile Total =

Part 3: Overall and Comparative Assessment

Shade the box that corresponds with each domain total and your Wellness Compass Profile total. Generally, 90 percent is excellent; 80–89 percent, very good; 70–79 percent, moderately good; and less than 70 percent warrants attention.

Overall	Domain Scores	1. Spiritual	2. Socio emotional	3. Physical Health	4. Life Purpose	5. Balance and Maintenance	Wellness Compass Profile Total
Excellent	40–45					14–15	180–200
Very Good	36–44					12–13	160–179
Moderate	32–35					10–11	140–159
Challenged	0-31					0-9	0-139