

# Environmental Wellness Assessment

The environmental dimension of wellness involves accepting the impact we have on our world and doing something about it. Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

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- \_\_\_\_\_ 1. I consciously conserve energy (electricity, heat, light, water, etc.) in my place of residence.
- \_\_\_\_\_ 2. I practice recycling (glass, paper, plastic, etc.)
- \_\_\_\_\_ 3. I am committed to cleaning up the environment (air, soil, water, etc.)
- \_\_\_\_\_ 4. I consciously try to conserve fuel energy and to lessen the pollution in the atmosphere.
- \_\_\_\_\_ 5. I limit the use of fertilizers and chemicals when managing my yard/lawn/outdoor living space.
- \_\_\_\_\_ 6. I do not use aerosol sprays.
- \_\_\_\_\_ 7. I do not litter.
- \_\_\_\_\_ 8. I volunteer my time for environmental conservation projects.
- \_\_\_\_\_ 9. I purchase recycled items when possible, even if they cost more.
- \_\_\_\_\_ 10. I feel very strongly about doing my part to preserve the environment.

\_\_\_\_\_ **Total** for Environmental Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.