

"What's your wellbeing" Self-Assessment

Select the behaviors that you are *most* likely **AND** *least* likely to engage in.

Mark the corresponding color on the right side

Question	List of Wellbeing Activities	Most likely behavior (List color)	Least likely behavior (List color)
1	(Green) Set time aside for quiet moments (Yellow) Participate in hobbies not related to school (Blue) Attend events with family and friends (Orange) Exercise regularly during the week		
2	(Yellow) Schedule time to enjoy live music (Orange) Eat at least one healthy meal daily (Green) Practice focus without emotional judgement (Blue) Find ways to connect with others in your community		
3	(Blue) Schedule time to communicate with family and friends (Yellow) Find ways to explore your creativity (Orange) Take walking or stretching breaks during the week (Green) Schedule time to meditate or think deeply		
4	(Green) Set time aside for calm and deep breathing (Blue) Reach out to family and friends when feeling stressed (Orange) Take rest breaks regularly (Yellow) Schedule time to reflect on personal goals and values		
5	(Orange) Prepare healthy meals for yourself (Blue) Join a club, organization, or team in your community (Yellow) Express yourself through art or writing (Green) Schedule silent moments into your week		
6	(Blue) Reflect on kindness from others (Green) Remain resilient when goals or tasks change (Yellow) Include leisure reading in your schedule (Orange) Schedule adequate sleep for yourself		
7	(Orange) Try new and healthy recipes (Yellow) Listen to uplifting music (Green) Use self-coaching to focus when distracted (Blue) Use kindness to cultivate relationships with others		
Write the color most frequently listed for each category (TOTAL)			

LEARNING ENHANCEMENT & ACADEMIC DEVELOPMENT



Responses will not be kept or used for any other purposes.
Direct questions to LEAD at LEAD@westernu.edu