What is Your Social Wellness?

Are your relationships satisfying? How are you at developing and nourishing your relationships?

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points
Sometimes/occasionally = 1 point
Very seldom = 0 points

_____ 1. I contribute time and/or money to social and community projects.
_____ 2. I am committed to a lifetime of volunteerism.
_____ 3. I have a network of close friends and/or family.
_____ 4. I am able to balance my own needs with the needs of others.
_____ 5. I try to abide by the laws and rules of our society.
_____ 6. I am a compassionate person and try to help others when I can.
_____ 7. I support and help with family, neighborhood, and work or social gatherings.
_____ 8. I enjoy time I spend with others.

_____ Total for Social Wellness

<table>
<thead>
<tr>
<th>SCORE</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 to 16 Points</td>
<td>Excellent strength in this dimension.</td>
</tr>
<tr>
<td>7 to 11 Points</td>
<td>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?</td>
</tr>
<tr>
<td>0 to 6 Points</td>
<td>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.</td>
</tr>
</tbody>
</table>