What is Your Environmental Wellness?

_The environmental dimension 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**

____ 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 carpool, ride a bicycle, walk, etc. in order 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

<table>
<thead>
<tr>
<th>SCORE</th>
<th>MEANING</th>
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<tbody>
<tr>
<td>15 to 20 Points</td>
<td>Excellent strength in this dimension.</td>
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<tr>
<td>9 to 14 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>
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<tr>
<td>0 to 8 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>
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