What is Your Intellectual Wellness?

*The intellectual dimension involves embracing creativity and mental stimulation.*

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 am interested in learning new things.

_____ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.

_____ 3. I enjoy attending special lectures, plays, musical performances, museums, galleries, and/or libraries.

_____ 4. I carefully select movies and television programs.

_____ 5. I enjoy creative and stimulating mental activities/games.

_____ 6. I am happy with the amount and variety that I read.

_____ 7. I make an effort to improve my verbal and written skills.

_____ 8. A continuing education program is/will be important to me in my career.

_____ 9. I am able to analyze, synthesize, and see more than one side of an issue.

_____ 10. I enjoy engaging in intellectual discussions.

_____ Total for Intellectual Wellness

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