

The 8 Wellnesses Quiz

A self-reflection quiz to understand which area of wellness needs most of your attention right now: mental, physical, spiritual, emotional, financial, occupational, environmental or relationship wellness.



Which area of your well-being needs the most attention right now?

For each statement rate yourself from 1-5

1 = Never

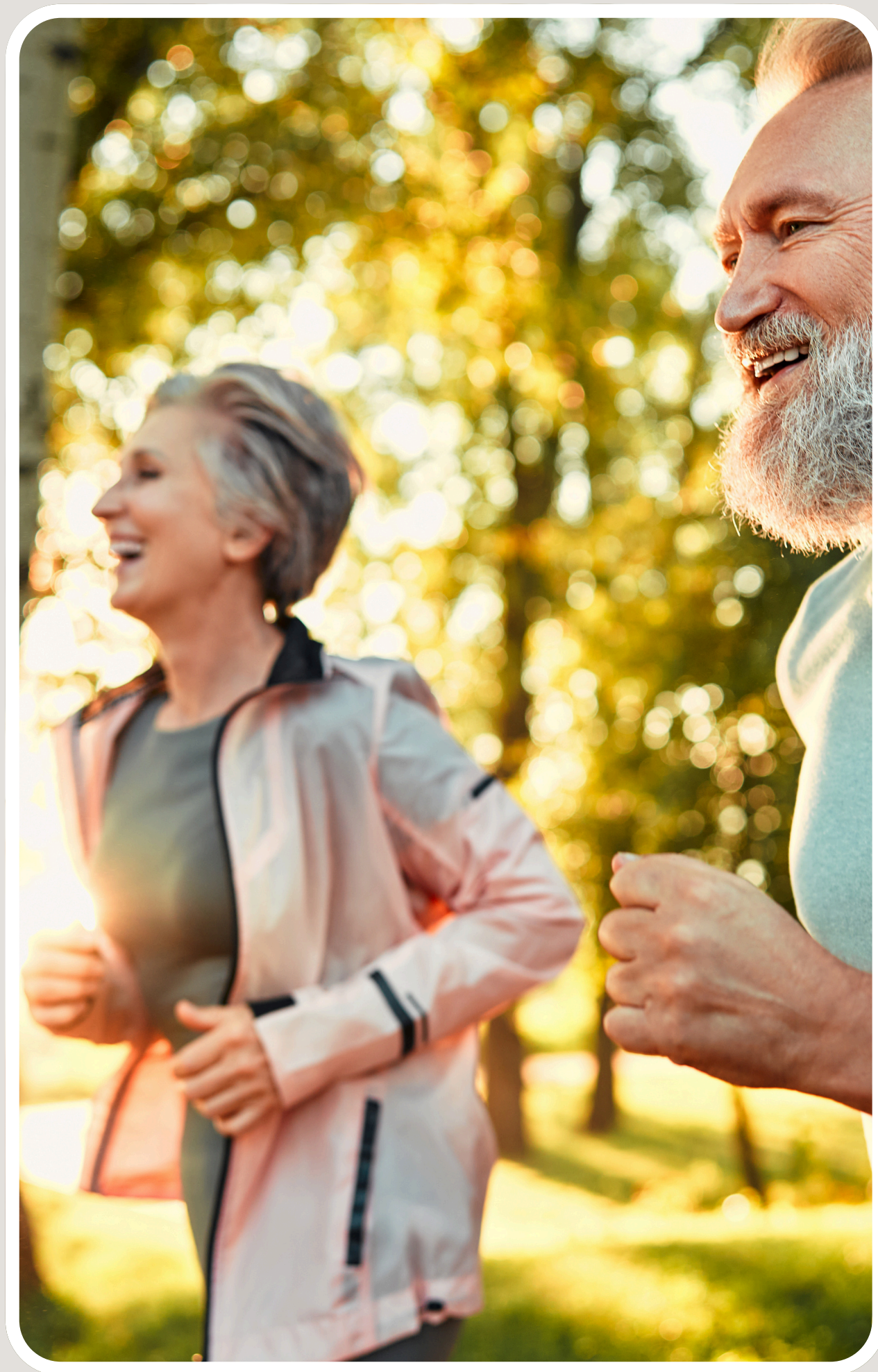
2 = Rarely

3 = Sometimes

4 = Often

5 = Almost always





Physical Wellness

1. I wake up feeling rested most mornings.
2. I have enough energy to get through my day.
3. I eat foods that nourish my body.
4. I move my body regularly.
5. I listen to my body's signals instead of ignoring them.

Physical Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always





Mental Wellness

1. I generally think positively about myself.
2. I can manage stress without becoming overwhelmed.
3. I believe I can solve most problems that come my way.
4. I challenge negative thoughts instead of believing them automatically.
5. My mind feels clear rather than constantly racing.

Mental Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always



Emotional Wellness

1. I understand what I'm feeling.
2. I express my emotions in healthy ways.
3. I recover from setbacks reasonably well.
4. I treat myself with kindness when I make mistakes.
5. My emotions don't control my entire day.

Emotional Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always



Spiritual Wellness

1. My life feels meaningful.
2. I know what my core values are.
3. I make time for reflection, prayer, meditation or quiet.
4. I feel connected to something greater than myself.
5. I live in a way that aligns with what matters most to me.

Spiritual Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always

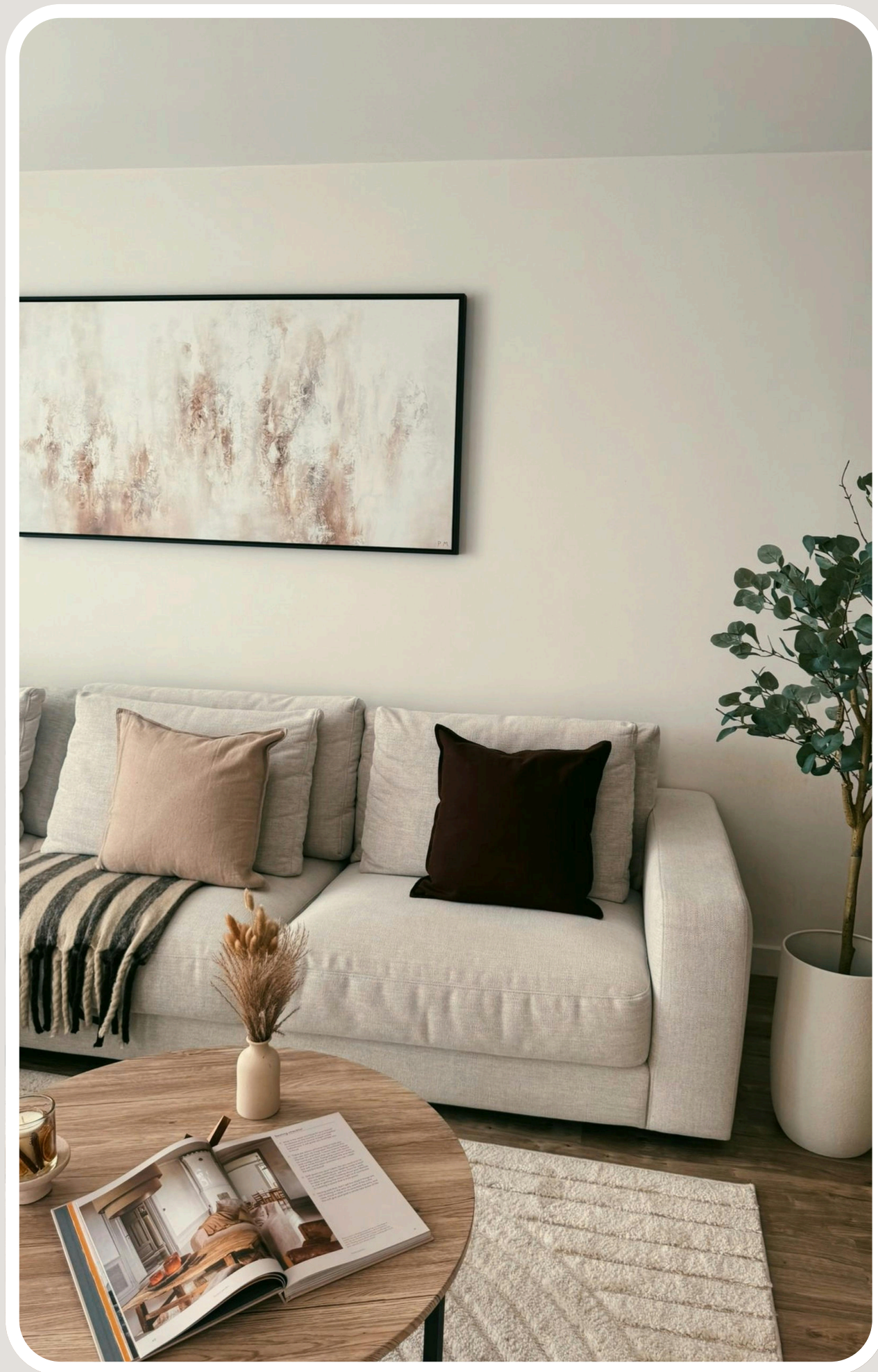


Financial Wellness

1. I know where my money goes each month.
2. My finances cause me little or manageable stress.
3. I make financial decisions intentionally rather than impulsively.
4. I feel hopeful about my financial future.
5. I believe I deserve financial well-being.

Financial Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always



Environmental Wellness

1. I feel safe where I live.
2. My home is reasonably organized and supports my well-being.
3. My surroundings help me feel calm rather than stressed.
4. I spend time in nature or environments that help me recharge.
5. I have access to the resources and services I need to live well.

Environmental Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always



Social & Relationship Wellness

1. I have people I can trust and rely on.
2. I feel supported by the important people in my life.
3. I communicate honestly and respectfully in my relationships.
4. I maintain healthy boundaries with others.
5. I feel connected rather than lonely.

Social/Relationship Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always



Occupational Wellness

1. My work or daily activities give me a sense of purpose.
2. I feel my skills and strengths are being used.
3. I have a healthy balance between work and personal life.
4. I feel optimistic about my career or future direction.
5. My work or daily responsibilities contribute positively to my overall well-being.

Occupational Score:/25

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Almost always

Your Results

Add up the score for each section.

- 21-25** This area is thriving. Keep nurturing it.
- 16-20** Generally healthy, with room for improvement.
- 11-15** This area deserves more attention.
- 5-10** This is likely one of your greatest opportunities for growth right now.

What your results mean

Your lowest score represents the area of wellness that may currently need the most attention. Because all eight dimensions are interconnected, improving one area often creates positive changes in others.



Wellness Areas to Improve

Physical Wellness

Your body may be asking for more care through better sleep, nutrition, movement or rest.

Reflection: *What is one thing I can do this week to better care for my body?*

Mental Wellness

Your thoughts influence how you experience life. Developing healthier thinking patterns can improve resilience and reduce stress.

Reflection: *What thought or belief no longer serves me?*



Wellness Areas to Improve

Emotional Wellness

You may benefit from acknowledging, expressing or processing your emotions in healthier ways.

Reflection: *What emotion have I been avoiding?*

Spiritual Wellness

You may be longing for greater meaning, purpose or connection with your values or something larger than yourself.

Reflection: *What gives my life the deepest sense of meaning?*



Wellness Areas to Improve

Financial Wellness

Your relationship with money may be creating unnecessary stress or limiting your sense of freedom. Strengthening your financial habits and beliefs can increase both security and peace of mind.

Reflection: *What is one financial habit or belief I'd like to improve?*

Environmental Wellness

Your surroundings play a significant role in your well-being. A safe, comfortable and supportive environment can reduce stress and increase your quality of life.

Reflection: *What small change could make my home or surroundings feel more supportive?*



Wellness Areas to Improve

Social & Relationship Wellness

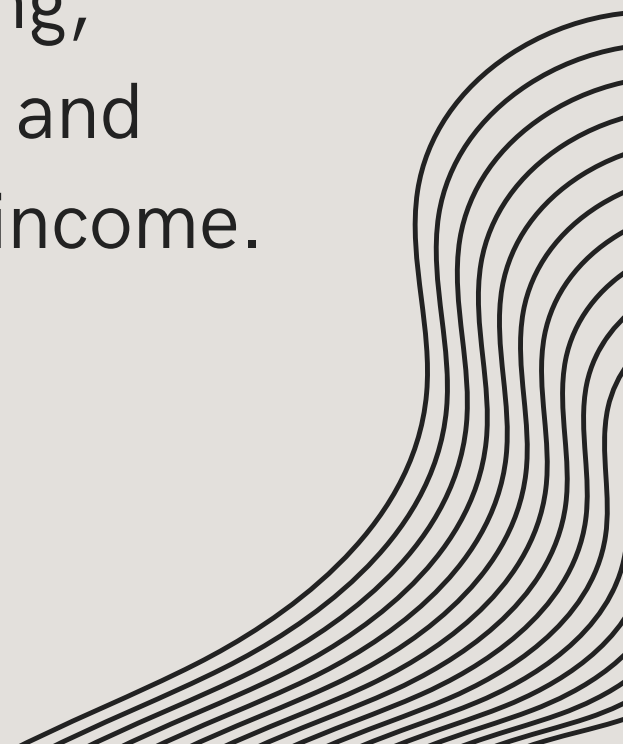
Healthy relationships provide connection, encouragement and a sense of belonging. Strengthening communication and boundaries can improve both your relationships and your emotional health.

Reflection: Which relationship deserves more attention or healthier boundaries?

Occupational Wellness

Whether you're employed, self-employed, retired, studying or volunteering, meaningful daily activities contribute to overall wellness. Feeling engaged and purposeful in how you spend your time is just as important as earning an income.

Reflection: How could I make my daily work or activities feel more meaningful or fulfilling?



Overall Wellness Snapshot

Wellness is about progress, not perfection. You may discover one area that clearly stands out or several areas that need attention. That's completely normal.

The goal of this assessment is to increase self-awareness and help you identify where small, intentional changes can have the greatest impact. Every positive step you take in one dimension of wellness has the potential to strengthen the others, creating a healthier, more balanced and more fulfilling life.

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Your Next Step

Awareness is the first step toward meaningful change.

If this quiz helped you identify an area of your life that needs more attention, you don't have to navigate it alone. Whether you're struggling with stress, life transitions, emotional challenges, financial concerns, relationships or simply feeling stuck, wellness counselling can help you gain clarity, build practical strategies and create lasting positive change.

My approach is holistic, meaning we look at the whole person, not just one problem. Together, we'll explore the areas of your life that are affecting your overall well-being and develop realistic, personalized steps that align with your goals, values and strengths.

No matter where you're starting, positive change is possible.

I'd be honoured to support you on your wellness journey. Book a Wellness Counselling Session today and take the next step toward a healthier, happier and more fulfilling life.

Luzia Bowden

Professional Wellness Counsellor

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Helping people improve their physical, mental, emotional, spiritual, financial, environmental, social and occupational wellness - one step at a time.

