



Calvary Baptist Church

Open to all. Closed to none.



Overall Wellness Assessment

Assessing our wellness can bring up a variety of emotions. Depending on our perspective, seeing gaps in our wellness can feel disappointing or exciting. However you view a wellness assessment, we invite you to see these tools not as an evaluation of goodness or perfection, but hold it gently in your spirit as places and spaces you can grow.

These questionnaires are tools to identify areas of growth in different aspects of living: emotional wellness, social wellness, purposeful/spiritual wellness, life-long learning wellness, financial wellness, physical wellness, and mindfulness wellness.

They are an entry point for reflecting on our individual wellness as we being our theme, “It is Well...” As we dive deeper into wellness of HEART, MIND, BODY, and SOUL – we will offer other topic-specific reference tools and assessments for those areas.

And remember! God loves us just as we are. God’s love is steadfast, through seasons of being unwell, seasons of growth, and seasons of flourishing.

****These questions are adapted from the Princeton U Matter Initiative from 2016 which created the Princeton U Matter Wellness Self Assessment.****

Emotional Wellness

These questions assess how well you understand your feelings and express emotions in a constructive manner. Do you feel confident with your coping skills regarding stress and life's challenges or do you have room for improvement?

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/R
I find it easy to express my emotions in positive, constructive ways.							
I recognize when I am stressed and take steps to manage my stress (e.g., exercise, quiet time, meditation).							
I am resilient and can bounce back after a disappointment or problem.							
I am able to maintain a balance of work, family, friends and other obligations.							
I am flexible and adapt or adjust to change in a positive way.							
I am able to make decisions with minimal stress or worry.							
When I am angry, I try to let others know in non-confrontational or non-hurtful ways.							
I experience positive emotions on a daily basis.							
I don't let my negative emotions control my actions.							
I can recognize why my emotions are the way they are.							
Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one idea you use to explore this area more deeply?							

Social Wellness

Connection is one key aspect to our wellness. When we are at our best, we are connected with others and with ourselves. How connected are you with others? Having strong social connections can help us during difficult times and make life more fun and meaningful. It involves having positive relationships, communicating effectively, feeling respected and being respectful.

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/R
I consciously and continually try to work on behaviors or attitudes that							

have caused problems in my interactions with others.							
In my dating or sexual relationships, I choose partner(s) who respect my wants, needs, and choices.							
I feel supported and respected in my close relationships.							
I communicate effectively with others, share my views and listen to those of others.							
I consider the feelings of others and do not act in hurtful/selfish ways.							
I try to see good in my friends and do whatever I can to support them.							
I participate in a wide variety of social activities and find opportunities to form new relationships.							
I surround myself with friends that have a positive influence on my life.							
My friends will come to my aid when I am in need.							
I am comfortable talking to other people I do not know particularly well.							
Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one use to explore this area more deeply?							

Purposeful / Spiritual Wellness

Are you living a life with purpose? Are your beliefs and values in line with your lifestyle? Living a purposeful life is a personal matter that can involve pondering the meaning of life for ourselves and practicing tolerance of others and their beliefs. It includes taking time for yourself as well as helping others. Read the following statements and answer to yourself how much each statement reflects you.

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/Re
I take time to think about what's important: who I am, what I value, where I fit in, where I am going.							
I find a balance between meeting my needs and those of others.							
I engage in acts of caring and serving without expecting something in return.							
I sympathize/empathize with those who are suffering and try to help them through difficult times.							
My values are true priorities in my life and are reflected in my actions.							

I feel connected to something larger than myself (e.g., God/supreme being, nature, connectedness of all living things, humanity, community).							
I feel like my life has meaning.							
I have a supportive community around me that supports my spiritual wellness, even in times of doubt and hardship.							
I am able to find inner peace with myself even through the most chaotic of times.							
I spend time alone to think / pray / meditate when life gets too hectic.							
Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one idea you can use to explore this area more deeply?							

Life-long Learning Wellness

Are you thriving as a life-long learner? Do you engage in creative and mentally challenging activities and look for ways to expand your horizons through cultural, artistic or new perspectives?

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/Remarks
I am curious and interested in the communities, as well as the world around me.							
I search for learning opportunities and stimulating mental activities.							
I manage my time well rather than it managing me.							
I enjoy brainstorming and sharing knowledge with others in group projects or tasks.							
I enjoy learning about subjects other than those I am required to study in my field of work.							
I seek opportunities to learn practical skills to help others.							
I can critically consider the opinions and information presented by others and provide constructive feedback.							
I engage in learning opportunities (lectures /classes / studies / discussions) on a regular basis.							
When attending a learning opportunity, I arrive eager and ready to learn.							
I can identify on my own when my usual ways of taking in and							

processing or learning new information are not adequate.							
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Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one id can use to explore this area more deeply?

Financial Wellness

How well do you manage your money and how do you emotionally feel about your relationship to money? Financial wellness involves setting priorities for the income and expenses in your life and managing your giving, saving, and spending within your means.

	Almost Always	Fairly Often	Some-times	Rarely	Never	N/A	Comments/Re
Financial matters cause me stress.							
I am satisfied where I am today with my financial situation.							
I plan my budget to the point where I can save money on the side.							
I have insurance to cover 'big' expenses resulting in loss of health, property, or life.							
I know exactly how much debt I have (if applicable).							
I pay off my loans and credit card bills in a timely matter.							
I only take out loans if absolutely necessary.							
I support the organizations that I value with financial donations.							
I understand finances with the foundation that all I have is from God and that it is important to share what I have with others.							
I find myself comparing my financial situation to the financial situation of others.							

Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one id can use to explore this area more deeply?

Physical Wellness

How healthy do you feel in your body? Are you able to do the things you want to do? How do your daily habits of eating, movement, breathing, and sleeping contribute to your overall wellbeing?

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/Ref
I keep a consistent sleep/wake schedule from day to day.							
I struggle to fall asleep or stay asleep.							
I move my body regularly in ways that challenge me.							
I listen to my body when I need rest or recovery and slow my pace.							
I stay adequately hydrated.							
I eat foods that nourish my body in the ways that I need.							
I intentionally focus on my breath at some point each day.							
I often find myself comparing my physical appearance to others.							
I feel shame or frustration around my physical health.							
If I have a physical illness or diagnosis, I am at peace with how it has affected/changed my life.							
I have access to the healthcare and providers that I need.							
Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one id can use to explore this area more deeply?							

Mindfulness Wellness

This is an abbreviated version of the Freiburg Mindfulness Inventory, which assesses your experience of mindfulness. Please use the last 7 days as the timeframe to consider each item and answer as honestly and spontaneously as possible. There are no 'right' nor 'wrong' answers, nor 'good' or 'bad' responses. What is important is your own personal experience.

	Almost Always	Fairly Often	Sometimes	Rarely	Never	N/A	Comments/R
I feel connected to my experience in the here-and-now.							
I sense my body, whether eating, cooking, cleaning, or talking.							
When I notice my mind wandering, I gently return to the experience of the here and now.							
I am able to appreciate myself.							

I pay attention to what's behind my actions.							
I see my mistakes and difficulties without judging them.							
I experience moments of inner peace and ease, even when things get hectic and stressful.							
I accept unpleasant experiences.							
I am friendly to myself when things go wrong.							
I observe my feelings without getting lost in them.							
In difficult situations, I can pause without immediately reacting.							
Growth Opportunity: Review all the comments in the left column. Circle ONE area you would like to grow in and work on. What is one id can use to explore this area more deeply?							