

# WELLNESS inventory – final evaluation

My wellness scores	before the course	after the course
Self-responsibility and love	_____	_____
Breathing	_____	_____
Sensing	_____	_____
Eating	_____	_____
Moving	_____	_____
Feeling	_____	_____
Thinking	_____	_____
Playing and working	_____	_____
Communicating	_____	_____
Intimacy	_____	_____
Finding meaning	_____	_____
Transcendence	_____	_____

**Q1) How would you describe your current wellness wheel?** What is the difference between the wheel you did before and after the course?

**Q2) How could you apply what you have learnt in the course?** Start with what you learnt about each dimension and then think of personal changes and challenges you could make in that area.

(If you need a little reminder about the dimensions, see [http://www.wellpeople.com/Wellness\\_Dimensions.aspx](http://www.wellpeople.com/Wellness_Dimensions.aspx))

Self-responsibility and love

Breathing

Sensing

Eating

Moving

Feeling

Thinking

Playing and working

Communicating

Intimacy

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Finding meaning

Transcendence

**Q3) What are the 3 dimensions you will focus on after you get back home? Why? How?**

Pick three the most interesting dimensions for you and create your personal wellness plan.

Dimension 1: \_\_\_\_\_

Why will you focus on this dimension?

How will you do it? (If you want, [set up a SMART goal](#) for yourself.)

Dimension 2: \_\_\_\_\_

Why will you focus on this dimension?

How will you do it?

Dimension 3: \_\_\_\_\_

Why will you focus on this dimension?

How will you do it?

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**Q4) How did your buddy help you with learning in this course?** How did you help him?  
What worked well for you? What would you do differently next time?

**Q5) ... and last but not least, please write down your comments, thoughts, feelings about this subject.** What worked well for you? What would you like to be different if you were taking the class again? Anything else you would like to tell the teacher?

PS: and few words as feedback about the online inventory – what was I like to take the assessment, work with the system, action steps...

Name: \_\_\_\_\_

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