# 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?** 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>)

Self-responsibility and love

Breathing

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Sensing

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Eating

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Moving

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Feeling

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Thinking

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Playing and working

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Communicating

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Intimacy

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Finding meaning

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Transcendence

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**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](http://topachievement.com/smart.html) 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?

**Q4) If you had an extra homework, please, below describe what you did, which wellness dimensions were enhanced by that activity and how did you benefit from doing it.**

Amount of extra hours : \_\_\_\_\_\_\_\_\_ (1 class = 2 hours)

**Q5) How would you grade yourself and your participation in our class: A B C D E F**

Explain why.

**optional:**

**How did you like the subject? What worked well? What changes would you suggest?**

**Any message for the teacher?**

**Thank you for participating in this class. Be well! Jana.**