

## Wellness inventory final evaluation

<b>My wellness scores</b>	<b>before the course</b>	<b>after the course</b>
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](http://www.wellpeople.com/Wellness_Dimensions.aspx))

Self-responsibility and love

Breathing

Sensing

Eating

Moving

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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](#) 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.**