

Pre-Course Self-Assessment

Name: _____

Date: _____

- Before we begin our journey through the 7 dimensions of wellness, assess where you are currently at in each dimension.
- On a scale from 0-100%, what is your perception of your wellness in each dimension during the week? Write your score in the space below for each dimension.
- For example, during a particular week, although I go to my Pilate class and run at least twice a week, I would like to add at least two veggie dishes per week and get at least 8 hours of sleep (since I am only getting 6 hours), I believe my physical wellness is about 60%.

