HR Benefits Presents

Wellness Inventory

It is good practice to identify your strengths and weaknesses. HR Benefits has identified 5 focus areas in the field of wellness that are essential for a well-balanced lifestyle. Invest some of your time towards self-betterment by taking inventory of your current behaviors and attitudes. The 5 focus areas include:

Nutrition and Diet ● Movement and Exercise ● Sleep ● Social and Relational ● Intrapersonal Perception

| Satisfactory | You feel confident in your behavior and thoughts regarding this issue 80% or more of the time. Little to no change needs to be made. |
| Needs Improvement | Your actions and thoughts regarding this issue are inconsistent 50-80% of the time. Minimal to moderate effort and goal setting is required to improve. |
| Unsatisfactory | You feel incompetent in regards to this action or behavior and you have negative associations regarding this issue 50% or more of the time. Maximal effort and goal setting is required to improve. |

1. Nutrition and Diet
   - I do not participate in crash dieting or fad diets
   - I eat 7-13 servings of fruits and vegetables a day
   - The majority of my meals are prepared at home
   - I consume meals of appropriate serving size for my weight and age
   - I listen to my internal hunger and satiation signals
   - I understand nutrition labels and I read the ingredients on packaged foods

2. Movement and Exercise
   - I can identify one or more enjoyable exercises or movement activities
   - I can sustain a workout for 30 or more minutes
   - I make an effort to move/stretch during my work day
   - I am comfortable reaching an elevated heart rate and initiating a sweat response
   - I have a positive perception towards my exercise/movement routine

3. Sleep
   - I sleep 7-9 hours a night
   - I fall asleep within 20 minutes of laying down
   - When I awake, I feel rested
   - I avoid eating and drinking large amounts before bed
   - I sleep undisturbed throughout the night
4. Social and Relational

- I have one or more trustworthy confidants
- I engage in a social outing one or more times per week
- I do not feel lonely or social anxiety while in public
- My conversations with others are positive and engaging
- I participate in social activities that do not involve drinking or smoking

5. Intrapersonal Perception

- I can identify 5 of my core values
- I am self-confident and self-compassionate
- I have a positive outlook on my role in life
- I spend time alone with myself every day
- I do not live with guilt or shame

After you have completed the Wellness Inventory, refer to the “Goal Setting Guide.” Begin by picking a topic that you scored as “Needs Improvement,” or “Unsatisfactory.” Follow the Goal Setting Guide to create an individualized action plan.