

# 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**

<b>+</b>	<b>Satisfactory</b>	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.
<b>▲</b>	<b>Needs Improvement</b>	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.
<b>—</b>	<b>Unsatisfactory</b>	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 a individualized action plan.