

Well-Being Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I am up-to-date with my Health Check-Ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my Physical Activity Habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I Eat Well Nutritionally most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have Healthy Sleep & Rest Habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have Effective Stress Management Habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I say "No" to others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I practice Self-Compassion in my Life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I engage in activities I am Passionate about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to Look Forward to in my Life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your Total Score _____

What did you learn about yourself?



Emmet Quigley
HEALTH & WELLNESS COACH

www.emmetquigleyhealthcoaching.ie

