

What is Your Intellectual Wellness?

The intellectual dimension involves embracing creativity and mental stimulation.

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am interested in learning new things.
- _____ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.
- _____ 3. I enjoy attending special lectures, plays, musical performances, museums, galleries, and/or libraries.
- _____ 4. I carefully select movies and television programs.
- _____ 5. I enjoy creative and stimulating mental activities/games.
- _____ 6. I am happy with the amount and variety that I read.
- _____ 7. I make an effort to improve my verbal and written skills.
- _____ 8. A continuing education program is/will be important to me in my career.
- _____ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- _____ 10. I enjoy engaging in intellectual discussions.

_____ **Total for Intellectual Wellness**

SCORE	MEANING
15 to 20 Points	Excellent strength in this dimension.
9 to 14 Points	There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
0 to 8 Points	This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.