



Pitt-Greensburg Wellness Concierge Program

8 Pillars of Well-Being Assessment

Directions: Rate yourself for each statement below that best applies to the frequency in which you engage in that well-being item. Afterward, total up the number for each column and then total up your score for the pillar of well-being and write it in the matrix at the bottom of the assessment.

Physical Well-Being

	Rarely	Sometimes	Often	Always	
I exercise on a regular basis.	1	2	3	4	
I sleep 7-9 hours every night.	1	2	3	4	
I routinely meet with health care professionals to manage my health.	1	2	3	4	
I drink alcohol responsibly and avoid harmful use of drugs.	1	2	3	4	
I maintain healthy eating habits and manage my weight.	1	2	3	4	
Total:					

Emotional Well-Being

	Rarely	Sometimes	Often	Always	
I balance all of my responsibilities and am able to find healthy ways to cope with stress.	1	2	3	4	
I hold myself accountable and accept responsibility for my actions.	1	2	3	4	
I have a positive sense of self and believe others genuinely like who I am as a person.	1	2	3	4	
I can experience a range of emotions and manage distress in a positive way.	1	2	3	4	
I know when to ask for help and am able to ask for help when needed.	1	2	3	4	
Total:					

Intellectual Well-Being

	Rarely	Sometimes	Often	Always	
I am aware of campus resources that can contribute to my success in my role and am comfortable reaching out to others for help.	1	2	3	4	
I find my academic interests and career choice to be fulfilling.	1	2	3	4	
I love learning new things and find that it contributes to my personal growth and development.	1	2	3	4	
I seek opportunities that allow me to use my creative and critical thinking skills.	1	2	3	4	
I am flexible and open to new ideas and ways of doing things.	1	2	3	4	
Total:					



Spiritual Well-Being

	Rarely	Sometimes	Often	Always	
I regularly reflect on what matters most to me in life.	1	2	3	4	
I am guided by a set of beliefs (religious, spiritual, etc.).	1	2	3	4	
I am aware of my personal values and allow them to guide me in life.	1	2	3	4	
I have a sense of purpose and meaning in life.	1	2	3	4	
I am tolerant and accepting of other worldviews and beliefs.	1	2	3	4	
Total:					

Environmental Well-Being

	Rarely	Sometimes	Often	Always	
I regularly spend time outdoors and enjoy immersing myself in nature.	1	2	3	4	
I live a green life to lessen my environmental impact (i.e., reducing waste, reuse bottles, and recycle products)	1	2	3	4	
I have a private space that I feel comfortable living/being in.	1	2	3	4	
I support local businesses and organizations.	1	2	3	4	
I participate in community engagement events on campus and in my local community.	1	2	3	4	
Total:					

Financial Well-Being

	Rarely	Sometimes	Often	Always	
I am able to create a monthly budget to help manage my money.	1	2	3	4	
I manage my financial responsibilities and pay my bills on time.	1	2	3	4	
I am aware of financial resources that are available to me.	1	2	3	4	
I have a savings account that I regularly put money into.	1	2	3	4	
I know my credit score and understand how to build financial stability.	1	2	3	4	
Total:					

Occupational Well-Being

	Rarely	Sometimes	Often	Always	
I seek new opportunities to learn new skills and knowledge that can enhance my professional development and career opportunities.	1	2	3	4	
I value professional relationships and am mindful of building my professional network.	1	2	3	4	
I am confident in my ability to apply for a job and successfully interview.	1	2	3	4	
I have good work habits including time-management and organizational skills.	1	2	3	4	
I have or plan to seek mentorship opportunities that contribute to my growth and success in my field.	1	2	3	4	
Total:					



Social Well-Being

	Rarely	Sometimes	Often	Always	
I am happy with my friends and social life.	1	2	3	4	
I seek opportunities to get involved in campus organizations and events on campus.	1	2	3	4	
I have a group of supportive people in my life that I can rely on during difficult times.	1	2	3	4	
I am open to and accepting of others who are different than me.	1	2	3	4	
I am able to set healthy boundaries with others and say “no” when I need to.	1	2	3	4	
Total:					

8 Pillars of Well-Being Analysis

Directions: For each pillar of well-being, write down your total score from above. Review the score analysis below to identify which pillars of well-being you would benefit from focusing on. Using this information, create your personal wellness plan to focus on improving your well-being.

Pillar of Well-Being	My Score (Max = 20)
Physical	
Emotional	
Intellectual	
Spiritual	
Environmental	
Financial	
Occupational	
Social	

Score Analysis:

16-20: you are thriving in this pillar of well-being

11-15: you are doing a good job on this pillar of well-being

<11: you may benefit from focusing on this pillar of well-being



Once you complete the assessment and come up with your score for each area, please scan the QR code and complete a brief survey. Thank you and be healthy!