

THE GRID WELL-BEING ASSESSMENT

PHYSICAL	NOURISHMENT	CORE VALUES	MINDSET
SELF-CONFIDENCE	SELF-CARE	SOCIAL RELATIONSHIPS	EMOTIONS
MOTIVATORS	ENVIRONMENT	ACTIONS	WORK & FINANCES

Rate yourself

On a scale from 1-5 rate yourself on how well balanced you feel in each area?

1 Never - **2** Rarely - **3** Sometimes - **4** Often - **5** Always

Physical

Cardio exercises (1) (2) (3) (4) (5)
 Strength training (1) (2) (3) (4) (5)
 Walking (1) (2) (3) (4) (5)
 Sleep (1) (2) (3) (4) (5)
 Healthy weight (1) (2) (3) (4) (5)
 Regular check-ups (1) (2) (3) (4) (5)
 Self-hygiene (1) (2) (3) (4) (5)
 Sunshine (1) (2) (3) (4) (5)
 Limit alcohol / Smoking use
 and illicit drugs (1) (2) (3) (4) (5)

Nourishment

Fresh foods (1) (2) (3) (4) (5)
 Nutrient dense foods (1) (2) (3) (4) (5)
 Clean food (1) (2) (3) (4) (5)
 Variety (1) (2) (3) (4) (5)
 Hydration (1) (2) (3) (4) (5)
 Minimal pesticides
 & herbicides (1) (2) (3) (4) (5)
 Limit processed foods (1) (2) (3) (4) (5)
 Moderation (quantity) (1) (2) (3) (4) (5)
 Food security (1) (2) (3) (4) (5)

Core Values

Spiritual (1) (2) (3) (4) (5)
 Beliefs (1) (2) (3) (4) (5)
 Cultural (1) (2) (3) (4) (5)
 Honesty (1) (2) (3) (4) (5)
 Empathy (1) (2) (3) (4) (5)
 Compassion (1) (2) (3) (4) (5)
 Gratitude (1) (2) (3) (4) (5)
 Kindness (1) (2) (3) (4) (5)
 Generosity (1) (2) (3) (4) (5)

Mindset

Fixed or growth (1) (2) (3) (4) (5)
 Intellectual (1) (2) (3) (4) (5)
 Positive thoughts (1) (2) (3) (4) (5)
 Wisdom (1) (2) (3) (4) (5)
 Optimistic (1) (2) (3) (4) (5)
 Non-judgmental (1) (2) (3) (4) (5)
 Critical thinking (1) (2) (3) (4) (5)
 Open-minded (1) (2) (3) (4) (5)
 Mindfulness (1) (2) (3) (4) (5)

Self-Confidence

Autonomy (1) (2) (3) (4) (5)
 Confident (1) (2) (3) (4) (5)
 Self-control (1) (2) (3) (4) (5)
 Self-esteem (1) (2) (3) (4) (5)
 Self-regulation (1) (2) (3) (4) (5)
 Hope (1) (2) (3) (4) (5)
 Self-reliant (1) (2) (3) (4) (5)
 Responsibility (1) (2) (3) (4) (5)
 Zest (1) (2) (3) (4) (5)

Self-Care

Self-love (1) (2) (3) (4) (5)
 Me-time (1) (2) (3) (4) (5)
 Playfulness (1) (2) (3) (4) (5)
 Pamper (1) (2) (3) (4) (5)
 Needs being met (1) (2) (3) (4) (5)
 Best-self (1) (2) (3) (4) (5)
 Relaxation (1) (2) (3) (4) (5)
 Meditation (1) (2) (3) (4) (5)
 Massage (1) (2) (3) (4) (5)

Social Relationships

Family & friends (1) (2) (3) (4) (5)
 Co-workers (1) (2) (3) (4) (5)
 Community (1) (2) (3) (4) (5)
 Team work (1) (2) (3) (4) (5)
 Humanitarian (1) (2) (3) (4) (5)
 Connectedness (1) (2) (3) (4) (5)
 Awareness (1) (2) (3) (4) (5)
 Emotional
 intelligence (1) (2) (3) (4) (5)
 Curiosity (1) (2) (3) (4) (5)

Emotions

Joy (1) (2) (3) (4) (5)
 Happiness (1) (2) (3) (4) (5)
 Fear (1) (2) (3) (4) (5)
 Anger (1) (2) (3) (4) (5)
 Feeling alive (1) (2) (3) (4) (5)
 Enthusiasm (1) (2) (3) (4) (5)
 Humility (1) (2) (3) (4) (5)
 Humor (1) (2) (3) (4) (5)
 Sad (1) (2) (3) (4) (5)

Motivators

Dreams & desires (1) (2) (3) (4) (5)
 Intrinsic (1) (2) (3) (4) (5)
 Extrinsic (1) (2) (3) (4) (5)
 Achievement (1) (2) (3) (4) (5)
 Praise (1) (2) (3) (4) (5)
 Recognition (1) (2) (3) (4) (5)
 Love (1) (2) (3) (4) (5)
 Compensation (1) (2) (3) (4) (5)
 Challenge (1) (2) (3) (4) (5)

Environment

- Barriers ① ② ③ ④ ⑤
- Safety ① ② ③ ④ ⑤
- Pollution ① ② ③ ④ ⑤
- Environmental ① ② ③ ④ ⑤
- Resource availability ① ② ③ ④ ⑤
- Healthy household ① ② ③ ④ ⑤
- Transportation ① ② ③ ④ ⑤
- Opportunities ① ② ③ ④ ⑤
- Support system ① ② ③ ④ ⑤

Actions

- Triggers ① ② ③ ④ ⑤
- Choices ① ② ③ ④ ⑤
- Habits & routines ① ② ③ ④ ⑤
- Listen ① ② ③ ④ ⑤
- Brainstorm ① ② ③ ④ ⑤
- Plan ahead ① ② ③ ④ ⑤
- Follow through ① ② ③ ④ ⑤
- Evaluate ① ② ③ ④ ⑤
- Balance ① ② ③ ④ ⑤

Work & Finances

- Leadership ① ② ③ ④ ⑤
- Fairness ① ② ③ ④ ⑤
- Decisional ① ② ③ ④ ⑤
- Monetary ① ② ③ ④ ⑤
- Persistence ① ② ③ ④ ⑤
- Growth ① ② ③ ④ ⑤
- Continued learning ① ② ③ ④ ⑤
- Advancement ① ② ③ ④ ⑤
- Rewarding ① ② ③ ④ ⑤

And now, on a scale from 1-5 rate yourself reading the following sentences

1 Never - **2** Rarely - **3** Sometimes - **4** Often - **5** Always

PHYSICAL

- ✓ I get 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity ① ② ③ ④ ⑤
- ✓ I enjoy cardio exercises ① ② ③ ④ ⑤
- ✓ I strength train a minimum of 2 days per week ① ② ③ ④ ⑤
- ✓ I track my steps daily ① ② ③ ④ ⑤
- ✓ I enjoy walking ① ② ③ ④ ⑤
- ✓ I do stretching exercises several times per week ① ② ③ ④ ⑤
- ✓ I get 7-9 hours of sleep each night ① ② ③ ④ ⑤
- ✓ I struggle with insomnia ① ② ③ ④ ⑤
- ✓ My weight concerns me ① ② ③ ④ ⑤
- ✓ I think about my weight daily ① ② ③ ④ ⑤
- ✓ My blood pressure is within the normal range ① ② ③ ④ ⑤
- ✓ I try to keep my weight in the ideal range for my body type and size ① ② ③ ④ ⑤
- ✓ I get regular yearly check-ups ① ② ③ ④ ⑤
- ✓ I follow my doctor's orders for all prescription medications ① ② ③ ④ ⑤
- ✓ If I smoke, I understand the health risks associated with smoking ① ② ③ ④ ⑤
- ✓ I keep my environment clean to prevent sickness ① ② ③ ④ ⑤
- ✓ I get a minimum of 15 minutes of sunshine daily ① ② ③ ④ ⑤
- ✓ I use sunscreen when I am out in the sun for extended periods ① ② ③ ④ ⑤
- ✓ I seek help from my physician when I have a health concern ① ② ③ ④ ⑤
- ✓ I drink alcohol responsibly ① ② ③ ④ ⑤
- ✓ I do not use harmful illicit drugs ① ② ③ ④ ⑤
- ✓ I limit the use of over-the-counter-drugs (OTC) ① ② ③ ④ ⑤
- ✓ I maintain a healthy lifestyle ① ② ③ ④ ⑤

NOURISHMENT

- ✓ I have a good relationship with food ① ② ③ ④ ⑤
- ✓ I try to eat a variety of fruits and vegetables daily ① ② ③ ④ ⑤
- ✓ I try to eat fresh foods ① ② ③ ④ ⑤
- ✓ I have access to organic foods ① ② ③ ④ ⑤
- ✓ I am open to trying new foods ① ② ③ ④ ⑤
- ✓ I wash my fruits and vegetables before eating them ① ② ③ ④ ⑤
- ✓ When I eat, I think of how the food is benefiting my body ① ② ③ ④ ⑤
- ✓ I check expiration dates on my food ① ② ③ ④ ⑤
- ✓ I stay hydrated throughout the day by drinking eight (8 oz.) glasses of water ① ② ③ ④ ⑤
- ✓ My blood glucose level is within the normal range ① ② ③ ④ ⑤
- ✓ I avoid foods that contain artificial additives or preservatives ① ② ③ ④ ⑤
- ✓ I avoid processed foods ① ② ③ ④ ⑤
- ✓ I limit high-fat foods ① ② ③ ④ ⑤
- ✓ I avoid eating at fast food restaurants ① ② ③ ④ ⑤
- ✓ I eat out often ① ② ③ ④ ⑤
- ✓ I plan a weekly menu ① ② ③ ④ ⑤
- ✓ I prepare my food for the week ① ② ③ ④ ⑤
- ✓ I watch my portion sizes ① ② ③ ④ ⑤
- ✓ I often ask for larger portions when eating out ① ② ③ ④ ⑤
- ✓ I have access to the food I need to stay healthy ① ② ③ ④ ⑤

CORE VALUES

- ✓ I have a strong sense of my belief system (religious, spiritual, atheist, or agnostic) ① ② ③ ④ ⑤
- ✓ I live in a community that fits my spiritual needs ① ② ③ ④ ⑤
- ✓ I have a firm foundation of what I believe ① ② ③ ④ ⑤
- ✓ I know who I am, and what I stand for ① ② ③ ④ ⑤
- ✓ I share my beliefs and culture with others ① ② ③ ④ ⑤
- ✓ I associate with others that have different beliefs ① ② ③ ④ ⑤
- ✓ I am proud of my heritage ① ② ③ ④ ⑤
- ✓ I strive to be honest in my dealings with others ① ② ③ ④ ⑤
- ✓ I am empathetic towards others ① ② ③ ④ ⑤
- ✓ I show compassion to others when I see the need ① ② ③ ④ ⑤
- ✓ I show gratitude to those that help me ① ② ③ ④ ⑤
- ✓ I am grateful for my life ① ② ③ ④ ⑤
- ✓ I show appreciation and respect for others ① ② ③ ④ ⑤
- ✓ I practice loving kindness towards myself ① ② ③ ④ ⑤
- ✓ I take the time to help others ① ② ③ ④ ⑤
- ✓ I am kind to others ① ② ③ ④ ⑤
- ✓ I look for opportunities to relieve suffering ① ② ③ ④ ⑤
- ✓ I have a desire to help others ① ② ③ ④ ⑤
- ✓ I am generous with others ① ② ③ ④ ⑤

MINDSET

- ✓ I persist in the face of setbacks ① ② ③ ④ ⑤
- ✓ I view failures as opportunities to learn and grow ① ② ③ ④ ⑤
- ✓ I see my efforts as the path to mastery ① ② ③ ④ ⑤
- ✓ I believe intelligence and abilities can be improved ① ② ③ ④ ⑤
- ✓ I realize I don't know everything and that is o.k. ① ② ③ ④ ⑤
- ✓ I nurture positive thoughts ① ② ③ ④ ⑤
- ✓ I have a well-defined life purpose ① ② ③ ④ ⑤
- ✓ I enjoy life's small details ① ② ③ ④ ⑤
- ✓ I am mindful of the beauty that surrounds me ① ② ③ ④ ⑤
- ✓ I am at peace with my well-being ① ② ③ ④ ⑤
- ✓ I set boundaries to protect my alone time ① ② ③ ④ ⑤
- ✓ I communicate without getting angry ① ② ③ ④ ⑤
- ✓ I avoid discrimination and stereotypical beliefs ① ② ③ ④ ⑤
- ✓ I am non-judgmental and open-minded about others that think differently than me ① ② ③ ④ ⑤
- ✓ I am open to honest feedback ① ② ③ ④ ⑤
- ✓ My actions follow my core values ① ② ③ ④ ⑤
- ✓ I take time for relaxation daily ① ② ③ ④ ⑤
- ✓ I practice mindfulness ① ② ③ ④ ⑤

SELF-CONFIDENCE

- ✓ I rely on myself to get tasks completed ① ② ③ ④ ⑤
- ✓ I make my own decisions ① ② ③ ④ ⑤
- ✓ If I don't know how to do something, I will research and learn how to do it ① ② ③ ④ ⑤
- ✓ I feel confident in myself ① ② ③ ④ ⑤
- ✓ I am confident when I am speaking to others ① ② ③ ④ ⑤
- ✓ I have good self-control ① ② ③ ④ ⑤
- ✓ I have a high self-esteem ① ② ③ ④ ⑤
- ✓ I have hope for the future ① ② ③ ④ ⑤
- ✓ I see my future as someone who is continually growing ① ② ③ ④ ⑤
- ✓ My life is well-balanced ① ② ③ ④ ⑤
- ✓ I feel fulfilled with my life ① ② ③ ④ ⑤
- ✓ I do things in moderation ① ② ③ ④ ⑤
- ✓ I effectively prioritize tasks ① ② ③ ④ ⑤
- ✓ I seek to not make excuses ① ② ③ ④ ⑤
- ✓ I aim to finish projects and not procrastinate ① ② ③ ④ ⑤
- ✓ It is easy for me to stay on task ① ② ③ ④ ⑤
- ✓ I love life and have a zest to enjoy all things ① ② ③ ④ ⑤

SELF-CARE

- ✓ I practice self-love ① ② ③ ④ ⑤
- ✓ I give my attention to what I love ① ② ③ ④ ⑤
- ✓ I honor my body and mind ① ② ③ ④ ⑤
- ✓ I take time for me ① ② ③ ④ ⑤

- 👉 I enjoy going to a spa ① ② ③ ④ ⑤
- 👉 I make time for pleasure ① ② ③ ④ ⑤
- 👉 I enjoy taking care of myself ① ② ③ ④ ⑤
- 👉 I take time each day to relax ① ② ③ ④ ⑤
- 👉 I write down things I need to do ① ② ③ ④ ⑤
- 👉 I make time for fun ① ② ③ ④ ⑤
- 👉 I occasionally engage in a digital detox ① ② ③ ④ ⑤
- 👉 I fall asleep easily ① ② ③ ④ ⑤
- 👉 I take time to breathe deeply ① ② ③ ④ ⑤
- 👉 I listen to calm music at night ① ② ③ ④ ⑤
- 👉 I like to stretch my muscles ① ② ③ ④ ⑤
- 👉 I like to do yoga ① ② ③ ④ ⑤
- 👉 I like to meditate ① ② ③ ④ ⑤
- 👉 I practice meditation several times per week ① ② ③ ④ ⑤
- 👉 I balance rest with activity ① ② ③ ④ ⑤
- 👉 I take time to breath deeply ① ② ③ ④ ⑤

SOCIAL RELATIONSHIPS

- ✅ I have a network of friends and family I can call when I need help ① ② ③ ④ ⑤
- ✅ My friends and family are very supportive ① ② ③ ④ ⑤
- ✅ I enjoy spending time with family and friends ① ② ③ ④ ⑤
- ✅ I can stay cool and manage stress ① ② ③ ④ ⑤
- ✅ I volunteer in the workplace ① ② ③ ④ ⑤
- ✅ I work collaboratively and address conflict directly ① ② ③ ④ ⑤
- ✅ I am active in my community ① ② ③ ④ ⑤
- ✅ I have an active social life ① ② ③ ④ ⑤
- ✅ In my relationships with others, both parties are equal ① ② ③ ④ ⑤
- ✅ I believe I am accountable to myself ① ② ③ ④ ⑤
- ✅ I embrace diversity ① ② ③ ④ ⑤
- ✅ I have a mindset of giving, helping, and improving the world around me ① ② ③ ④ ⑤
- ✅ I have an open mind when dealing with others ① ② ③ ④ ⑤
- ✅ I like to interact with others ① ② ③ ④ ⑤
- ✅ I find small ways to develop and maintain connections ① ② ③ ④ ⑤
- ✅ I feel connected to my community ① ② ③ ④ ⑤
- ✅ I like to connect with others ① ② ③ ④ ⑤
- ✅ I continue to make peace with my insecurities ① ② ③ ④ ⑤
- ✅ I see the beauty and uniqueness in myself and others ① ② ③ ④ ⑤
- ✅ I have a curiosity about others ① ② ③ ④ ⑤

EMOTIONS

- ✅ I have a healthy range of emotions (sad, happy, joyful, hurt) ① ② ③ ④ ⑤
- ✅ I often feel invigorating joy and positive emotions ① ② ③ ④ ⑤
- ✅ I am usually a happy person ① ② ③ ④ ⑤
- ✅ I feel that I deserve to be healthy and happy ① ② ③ ④ ⑤

- ✓ I recognize that I am not my emotions ① ② ③ ④ ⑤
- ✓ I can express difficult emotions when necessary ① ② ③ ④ ⑤
- ✓ I surround myself with positive people ① ② ③ ④ ⑤
- ✓ I accept risks and don't let fear stop me ① ② ③ ④ ⑤
- ✓ I feel alive and enjoy the present moment ① ② ③ ④ ⑤
- ✓ I often feel enthusiastic about life ① ② ③ ④ ⑤
- ✓ I have a humble mindset ① ② ③ ④ ⑤
- ✓ I am willing to see myself truthfully ① ② ③ ④ ⑤
- ✓ I can forgive myself ① ② ③ ④ ⑤
- ✓ I am teachable ① ② ③ ④ ⑤
- ✓ I can laugh at myself ① ② ③ ④ ⑤
- ✓ I understand that life is a gift to be opened ① ② ③ ④ ⑤
- ✓ I support my emotional needs ① ② ③ ④ ⑤
- ✓ I usually look for the positive in everything ① ② ③ ④ ⑤
- ✓ I have hope ① ② ③ ④ ⑤

MOTIVATORS

- ✓ My dreams inspire me ① ② ③ ④ ⑤
- ✓ My dreams and desires create joy in my life ① ② ③ ④ ⑤
- ✓ I allow myself to believe that my dreams are possible ① ② ③ ④ ⑤
- ✓ I imagine my ideal life ① ② ③ ④ ⑤
- ✓ I am motivated by internal forces ① ② ③ ④ ⑤
- ✓ My friends and family help motivate me ① ② ③ ④ ⑤
- ✓ I am motivated by my thoughts ① ② ③ ④ ⑤
- ✓ I understand what motivates me ① ② ③ ④ ⑤
- ✓ I find inspiration in the success of others ① ② ③ ④ ⑤
- ✓ I learn from criticism ① ② ③ ④ ⑤
- ✓ I get tremendous satisfaction from remembering, rewarding, and praising others ① ② ③ ④ ⑤
- ✓ I am a loving person ① ② ③ ④ ⑤
- ✓ I am compensated fairly for my work ① ② ③ ④ ⑤
- ✓ I manage my stress levels appropriately ① ② ③ ④ ⑤
- ✓ When I face challenges, I find a way around them ① ② ③ ④ ⑤
- ✓ I look at tasks as a growth opportunity ① ② ③ ④ ⑤
- ✓ I embrace challenges ① ② ③ ④ ⑤

ENVIROMENT

- ✓ I plan for limiting barriers and obstacles that may keep me from reaching my goals ① ② ③ ④ ⑤
- ✓ I promote a caring, inclusive environment ① ② ③ ④ ⑤
- ✓ I feel safe in my environment ① ② ③ ④ ⑤
- ✓ I live in an area where I breathe fresh air ① ② ③ ④ ⑤
- ✓ I limit the use of harmful chemicals ① ② ③ ④ ⑤
- ✓ I live in a clean and healthy environment ① ② ③ ④ ⑤
- ✓ I have access to good, affordable health care ① ② ③ ④ ⑤
- ✓ My environment has the food and supplies that I need ① ② ③ ④ ⑤

- ✓ I have adequate transportation ① ② ③ ④ ⑤
- ✓ I live in a walkable neighborhood ① ② ③ ④ ⑤
- ✓ I seek new opportunities ① ② ③ ④ ⑤
- ✓ I am active in my community ① ② ③ ④ ⑤
- ✓ I research new ways of doing things ① ② ③ ④ ⑤
- ✓ I like being outdoors ① ② ③ ④ ⑤
- ✓ I support local stores ① ② ③ ④ ⑤
- ✓ I see beauty in simple things ① ② ③ ④ ⑤
- ✓ I have a good support system of family and friends ① ② ③ ④ ⑤
- ✓ My environment fosters creativity ① ② ③ ④ ⑤

ACTIONS

- ✓ I am aware of the emotional triggers that make me feel uncomfortable ① ② ③ ④ ⑤
- ✓ I am responsible to learn new ways to manage my emotional triggers ① ② ③ ④ ⑤
- ✓ I cope with my daily stressors ① ② ③ ④ ⑤
- ✓ I focus on different strategies for self-improvement ① ② ③ ④ ⑤
- ✓ I record my thoughts in a journal ① ② ③ ④ ⑤
- ✓ I make good decisions ① ② ③ ④ ⑤
- ✓ My choices are congruent with my goals ① ② ③ ④ ⑤
- ✓ I feel my good habits outshine my bad habits ① ② ③ ④ ⑤
- ✓ I actively listen to people ① ② ③ ④ ⑤
- ✓ I listen to understand, not to react ① ② ③ ④ ⑤
- ✓ I practice brainstorming ideas ① ② ③ ④ ⑤
- ✓ I maintain a schedule ① ② ③ ④ ⑤
- ✓ I am dependable ① ② ③ ④ ⑤
- ✓ I follow through with my commitments ① ② ③ ④ ⑤
- ✓ I express appreciation ① ② ③ ④ ⑤
- ✓ I gain satisfaction when I complete a task ① ② ③ ④ ⑤
- ✓ I evaluate my life where I have been and where I am going ① ② ③ ④ ⑤
- ✓ I seek balance in my life ① ② ③ ④ ⑤
- ✓ I have a good balance between work, home and obligations ① ② ③ ④ ⑤

WORK & FINANCES

- ✓ I support and empower others ① ② ③ ④ ⑤
- ✓ I encourage others to be their best ① ② ③ ④ ⑤
- ✓ I set a good example ① ② ③ ④ ⑤
- ✓ I am fair and just in dealing with others ① ② ③ ④ ⑤
- ✓ I am decisive when needed ① ② ③ ④ ⑤
- ✓ I manage my time effectively ① ② ③ ④ ⑤
- ✓ I budget ① ② ③ ④ ⑤
- ✓ I have an emergency fund ① ② ③ ④ ⑤
- ✓ I stay within my budget ① ② ③ ④ ⑤

- 🏆 I take small steps toward long-term goals ① ② ③ ④ ⑤
- 🏆 I embrace change when needed ① ② ③ ④ ⑤
- 🏆 I like to learn new things ① ② ③ ④ ⑤
- 🏆 My career and life purpose are aligned ① ② ③ ④ ⑤
- 🏆 I am receptive to new ideas ① ② ③ ④ ⑤
- 🏆 I am a life long learner ① ② ③ ④ ⑤
- 🏆 I work hard to advance in my career ① ② ③ ④ ⑤
- 🏆 I take pride in my work ① ② ③ ④ ⑤
- 🏆 I strive to live up to my full potential ① ② ③ ④ ⑤
- 🏆 I reward myself after I meet my goal ① ② ③ ④ ⑤

— What areas need improvement? _____

— What areas are your strengths? _____

— What are the top areas of focus? _____
