

Social Wellness Self-Assessment



Assess Plan Cultivate

Social Wellness

Self-Assessment

Instructions

Add up your total score for each section- & Refer to the Assessment Interpretation & Cultivation Steps on Page 5.

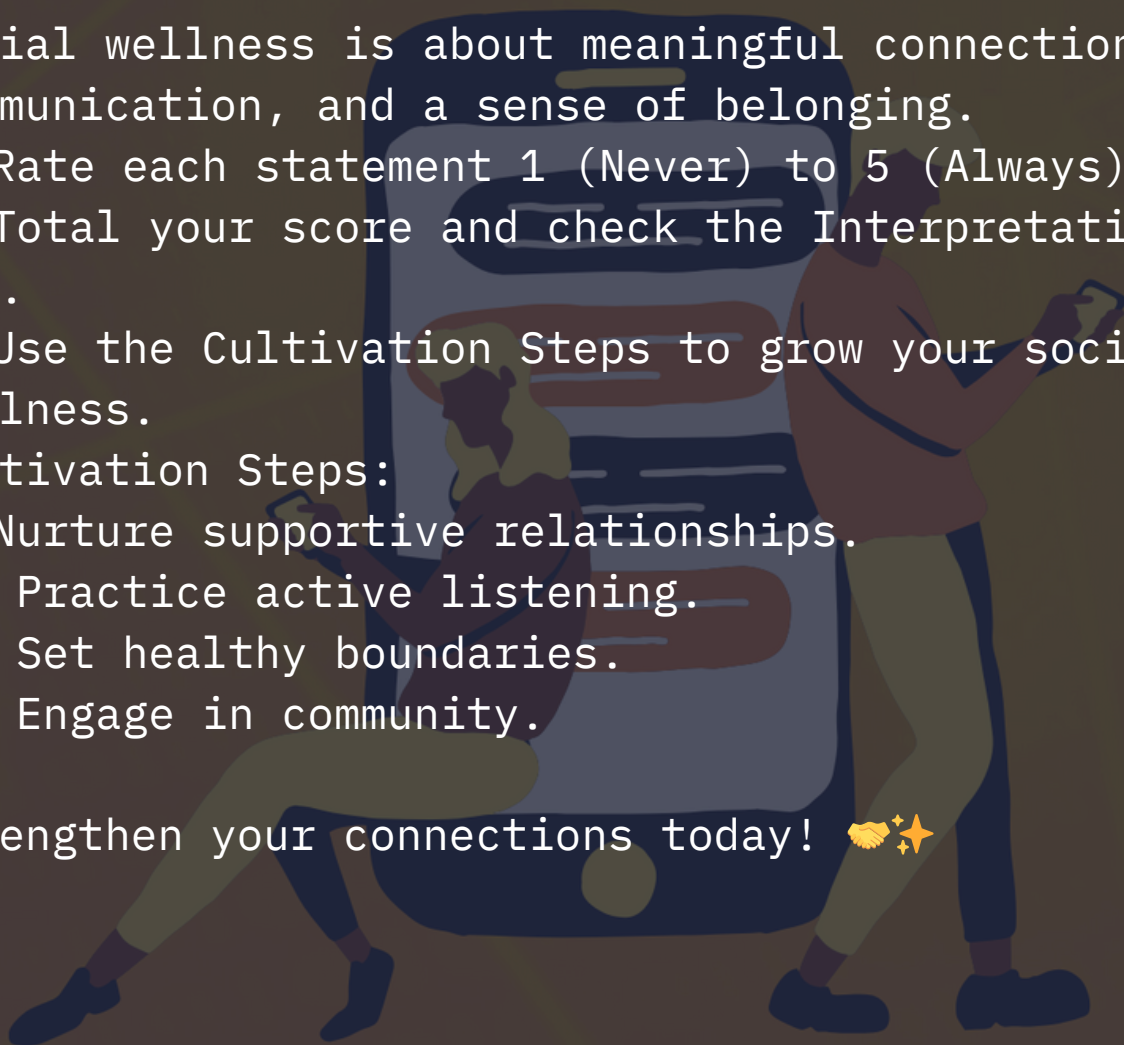
Social wellness is about meaningful connections, communication, and a sense of belonging.

- ✓ Rate each statement 1 (Never) to 5 (Always).
- ✓ Total your score and check the Interpretation Key.
- ✓ Use the Cultivation Steps to grow your social wellness.

Cultivation Steps:

- ◆ Nurture supportive relationships.
 - ◆ Practice active listening.
 - ◆ Set healthy boundaries.
 - ◆ Engage in community.

Strengthen your connections today! 🤝✨



Social Wellness Self-Assessment

How do you feel about each statement?	Strongly Agree 5	Agree 4	Neutral 3	Disagree 2	Strongly Disagree 1
I have meaningful and supportive relationships in my life.					
I communicate openly and honestly with others.					
I actively listen when others speak and show empathy.					
I set and maintain healthy boundaries in my relationships.					
I engage in social activities or community events that bring me joy.					
I feel comfortable expressing my thoughts, feelings, and needs.					
I have people I can turn to for support during difficult times.					

Social Wellness Self-Assessment

How do you feel about each statement?	Strongly Agree 5	Agree 4	Neutral 3	Disagree 2	Strongly Disagree 1
I am able to resolve conflicts in a respectful and constructive way.					
I make time to connect with friends, family, or social groups regularly.					
I feel a sense of belonging in my relationships and communities.					

Total Score _____

**See Key & Interpretation
on Next Page**



Self-Assessment Interpretation

40-50 - Thriving 🌿

Your social wellness is strong! You have fulfilling relationships and a supportive network. Keep nurturing these connections and continue fostering positive social habits.

30-39 - Balanced 🌻

Your social wellness is in a good place, but there's room for growth. Identify areas where you can strengthen communication, boundaries, or engagement in your community.

20-29 - Needs Cultivation 🌱

Your social wellness could use some attention. Reflect on relationships that may need strengthening, work on open communication, and consider engaging in more social activities.

10-19 - Root Development Needed 🌱

It's time to focus on cultivating your social wellness. Start small by reaching out to a trusted friend, setting boundaries, or joining a supportive group. Connection is key to overall well-being!

Join the Wealth in Wellness Community!



Social wellness thrives in a community! Join Wealth in Wellness for engaging discussions, events, and interactive learning.



Limited-Time Offer

Get a FREE 14-Day Trial!

Join Me in My Communities & on Social Media!



Join Cultivation with Cultivator Gold



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Let's cultivate social wellness together—one connection at a time! 



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