

Environmental Wellness Self-Assessment



Choose the most accurate answer in both columns for each statement.	How <u>true</u> is this for you currently?			How <u>motivated</u> are you to make a change in this area?		
Environmental:	Rarely	Sometimes	Often	Slightly	Somewhat	Highly
Environmental: <ul style="list-style-type: none"> ▪ <i>nurture environments that support your health, safety and wellbeing</i> ▪ <i>responsibly use available resources</i> ▪ <i>respect for nature and all species</i> 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I surround myself with people who support me in my journey of being healthy and well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy spending time outside in natural settings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I maintain a clean and organized home/room free of clutter.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I buy local when possible and support small businesses in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I choose environmentally friendly products when shopping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a safe space to call my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel content in my environment (class, home, work, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I encourage others to make environmentally responsible choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I practice environmentally conscious behaviors including donating and recycling items I do not need.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make an effort to reduce water and electricity usage.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have downloaded and used the LSSC Safe App.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Current: Who/Where am I right now?	Desired: Who/Where do I want to be?
Write or draw an object(s) highlighting the areas of your <i>current environmental lifestyle</i> you want to celebrate and/or improve.	Write or draw an object(s) highlighting the areas of your <i>future environmental lifestyle</i> you hope to achieve.

Example: I will spend time outside at least 10 minutes each day.

Goal 1. _____

Goal 2. _____

Goal 3. _____

Positive Outcomes/Benefits if Goal is Accomplished	Potential Consequences of Not Reaching the Goal	Likely Obstacles/Barriers and Difficulties	Possible Options for Solutions, Help and Resources