**WELLNESS inventory – final evaluation**

**My wellness scores before the course after the course**

Self-responsibility and love ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Breathing ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sensing ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eating ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Moving ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Feeling ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thinking ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Playing and working ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Communicating ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Intimacy ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Finding meaning ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Transcendence ­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Q1) How would you describe your current wellness wheel?** What is the difference between the wheel you did before and after the course?

**Q2) How could you apply what you have learnt in the course?** Start with what you learnt about each dimension and then think of personal changes and challenges you could make in that area.

(If you need a little reminder about the dimensions, see <http://www.wellpeople.com/Wellness_Dimensions.aspx>)

Self-responsibility and love

Breathing

 ­­

Sensing

 ­­

Eating

 ­­

Moving

 ­­

Feeling

 ­­

Thinking

 ­­

Playing and working

 ­­

Communicating

 ­­

Intimacy

 ­­

Finding meaning

 ­­

Transcendence

 ­­

**Q3) What are the 3 dimensions you will focus on after you get back home?** **Why? How?**

Pick three the most interesting dimensions for you and create your personal wellness plan.

Dimension 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why will you focus on this dimension?

How will you do it? (If you want, [set up a SMART goal](http://topachievement.com/smart.html) for yourself.)

Dimension 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why will you focus on this dimension?

How will you do it?

Dimension 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why will you focus on this dimension?

How will you do it?

**Q4) How did your buddy help you with learning in this course?** How did you help him?

What worked well for you? What would you do differently next time?

**Q5) … and last but not least, please write down your comments, thoughts, feelings about this subject.** What worked well for you? What would you like to be different if you were taking the class again? Anything else you would like to tell the teacher?

PS: and few words as feedback about the online inventory – what was I like to take the assessment, work with the system, action steps…