

Stress Assessment



When answering, remember to take your time and don't judge your answers. They can provide valuable insights into areas to focus, grow or seek support.

- Evaluate your current level of wellness in each of the 18 areas, marking each from 25% to 100%.
- Note areas that were scored 50% or lower and...
- Circle 3 that represent the most important to you
- Rank those from 1-3

