

Your Personalized Wellness Compass

For those working through the assessment digitally, your scores will automatically populate the corresponding sections of the Compass below. Just keep in mind that 0 represents the center, 50 is the halfway point, and 100 is the outer edge.

If you're completing the assessments on paper, you'll manually fill in the Compass with your results from each well-being domain.

It's important to approach these scores without judgment. This is simply a present-moment snapshot of your overall well-being—not a measure of your worth or capabilities. Think of the Compass as a detailed map of your unique "wellness landscape." The shaded areas will highlight the aspects you've been consistently nurturing, as well as the domains that may require more of your focused attention and care. Use this visual guide to celebrate your strengths and strategize constructive ways to address any imbalances.

Remember, there is no single "right" way to cultivate well-being. This is your personalized journey, an opportunity to thoughtfully design your path forward based on your specific needs and circumstances.

