

The Wellness COMPASS

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Contents



The Wellness Compass: Everything is Connected	^ 5
Parent Wellness Self-Assessment: Sample Scores	6
Sample Results based on Sample Total Scores	7
The Wellness Compass Parent Self-Assessment	^ 8
Relationships	8
Emotions	9
Spirituality	10
Rest and Play	11
Care for the Body	12
Resilience	13
Organization	14
Work and School	15
Parent Wellness Compass: Your Results <i>(will auto-populate with total scores from all of the self-assessments))</i>	16
Parent Wellness Compass: Your Results <i>(for shading in by hand your total scores from all of the self-assessments)</i>	17

NOTE: *This Wellness Compass Self-Assessment for Parents PDF is a companion resource to our Wellness Compass Notebook for Parents. To download a free PDF of the Notebook for Parents, visit our website: wellnesscompass.org*

Home Printing Note: If you have filled in these forms using something besides Adobe Acrobat Reader and the filled-in values don't print, you need to do a "Save As..." (File Menu) of the pdf file from the application you used to open this file. When you print it from the newly saved file it should print all of your scores.

The Wellness Compass: Everything is Connected



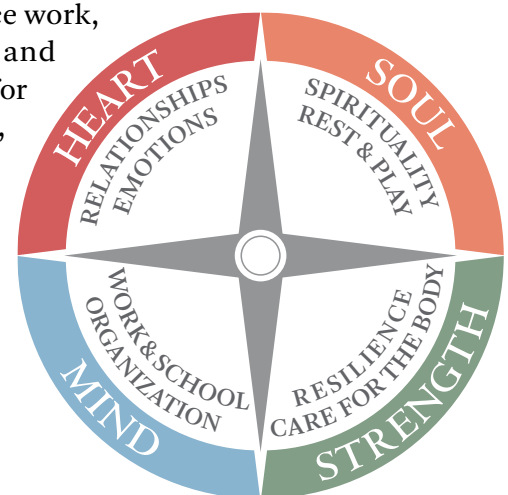
The greatest wisdom we have learned from the field of whole-person wellness is that everything is connected. Just like a mobile or kinesthetic art, every dimension of our being is interconnected—movement in one area affects all the others. We are not compartmentalized people. Whatever impacts one area of our lives (positively or negatively) has an impact on the other areas. Difficulty sleeping may be connected to any, or all, of the following: stress at work, stress in a relationship, a sense that life has lost its meaning, a change in diet, or the recent loss of a loved one. Disruption in one area will likely affect other areas, just as when you shake one element of a mobile

and it moves the entire mobile. On the other hand, if the whole mobile is moving and you hold one strand still, that same calmness will radiate out to the rest of the mobile.

The Wellness Compass offers guidance in eight areas of well-being, divided into four sections. Each of these eight areas of wellness helps to guide and equip us as we commit to being more intentional about the way we live our lives.

- **Relationships.** The ability to create and maintain healthy, life-giving connections with others.
- **Emotions.** The ability to process, express, and receive emotions in a healthy way.
- **Spirituality.** The development and practice of a strong personal value system and a meaningful purpose in life.
- **Rest and Play.** The ability to balance work and play and to renew oneself.
- **Care for the Body.** The ability to build healthy habits and practices regarding our physical well-being.
- **Resilience.** The ability to deal positively with the adversities of life.
- **Organization.** The ability to keep track of and make good use of possessions, money, and time.
- **Work and School.** The ability to balance work, school, education, volunteer work, and other responsibilities at home in order for everyone in the family to thrive at work, school, and in the rest of life.

We all have many compasses that compete to guide our lives, often outside of our awareness. When we choose the compass that we believe guides us in making healthy decisions in all areas of our lives, we have a much better chance of experiencing wellness and wholeness.



The Parent Wellness Self-Assessment


The **Parent Wellness Self-Assessment** is designed to help you listen to the whispers in your life right now. Our lives are always speaking to us. The question is, are we listening? This is your opportunity to listen.

This self-assessment—like a mirror—will reflect back to you your current state of balance and wholeness. The results are a present-moment snapshot of your life right now, revealing where in the garden of your life you have been watering and tending, and which areas could use more of your attention.

Let’s take a look at sample scores from the Parent Wellness Self-Assessment. We hope these assessments will become your trusted compass and guide for the next steps on your journey toward wellness and wholeness.

Parent Wellness Self-Assessment: Sample Scores

Self-Assessment for Parents



Relationships


The ability to create and maintain healthy, life-giving connections with others.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes	Half of the Time	Most of the Time	Always						
0	1	2	3	4	5	6	7	8	9	10
I model healthy relationships for my child.										<u>5</u>
Our family talks about important issues affecting us, even when it may be uncomfortable to do so.										<u>4</u>
I work to help my children recognize relationships that are unhealthy and, when necessary, help them choose other relationships.										<u>6</u>
I think before speaking to my child when emotions are high.										<u>4</u>
The way I regularly interact with my children is helping to build loving and healthy relationships.										<u>4</u>
I am satisfied that our family is not overly connected to email, texts, phones, social media, or computers in ways that interfere with our relationships.										<u>3</u>
I set a good example for our family by saying I’m sorry when I hurt someone, and encouraging my children to do the same.										<u>4</u>
I am able to resolve conflict with my children in a productive way.										<u>6</u>
I feel confident that our relationships with family, friends, and others are creating a strong, caring community for our family.										<u>5</u>
Our family works together as a team to resolve problems or concerns.										<u>4</u>
TOTAL SCORE										<u>45</u>

Page 8
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Self-Assessment for Parents



Resilience

The ability to deal positively with the adversities of life.

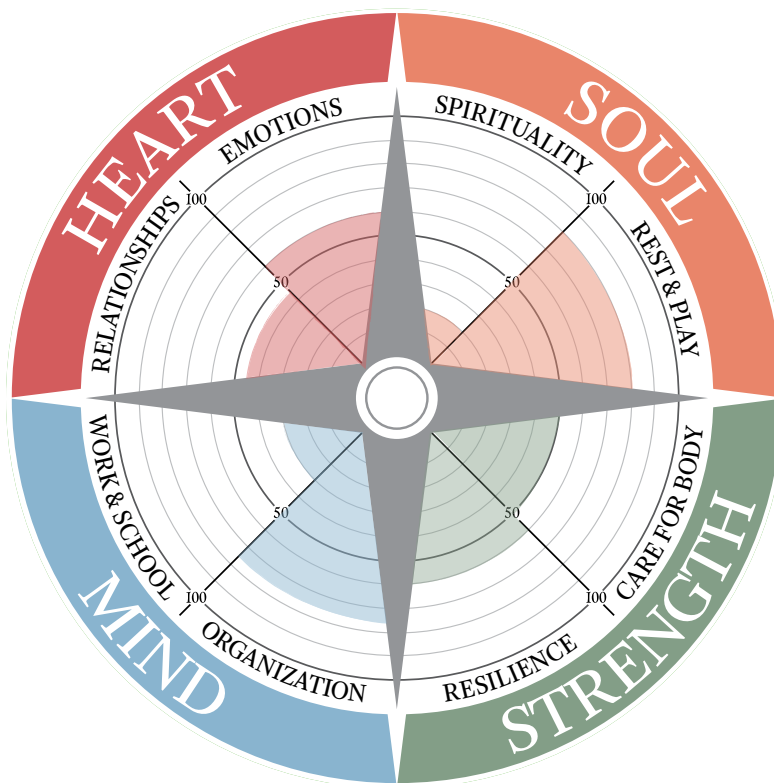
Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes	Half of the Time	Most of the Time	Always						
0	1	2	3	4	5	6	7	8	9	10
I strive to be a good role model for my children in terms of caring for our bodies.										<u>7</u>
I am teaching my family to recognize and avoid choices of all types that are not healthy.										<u>6</u>
I go to the doctor and dentist for regular checkups, and have my children do the same.										<u>6</u>
My family and I prioritize the sleep we need to function at our best.										<u>7</u>
I model listening to my body and making healthy adjustments as needed, and teach my children to do the same.										<u>4</u>
I model a healthy approach to sexuality for my children.										<u>5</u>
I do my best to make sure we all eat a healthy diet.										<u>6</u>
I model healthy decisions regarding the use of alcohol, other drugs, and tobacco.										<u>6</u>
I do my best to make sure that both my children and I get the exercise we need on a regular basis.										<u>6</u>
I care for my body in such a way as to have enough physical and mental energy to be the parent I want to be.										<u>7</u>
TOTAL SCORE										<u>60</u>

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Page 13

Parent Wellness Self-Assessment

Sample Results based on Sample Total Scores



Once you have arrived at your total score from each self-assessment, that section of the Results Compass on p. 16 will automatically fill in with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). If you are printing and completing the self-assessments by hand, you will shade in your total scores in each area of wellness on the Results Compass on p. 17. Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

**You can download additional blank self-assessment compasses to use to record your results on our website: WellnessCompass.org*

Relationships

The ability to create and maintain healthy, life-giving connections with others.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I model healthy relationships for my child. _____

Our family talks about important issues affecting us, even when it may be uncomfortable to do so. _____

I work to help my children recognize relationships that are unhealthy and, when necessary, help them choose other relationships. _____

I think before speaking to my child when emotions are high. _____

The way I regularly interact with my children is helping to build loving and healthy relationships. _____

I am satisfied that our family is not overly connected to email, texts, phones, social media, or computers in ways that interfere with our relationships. _____

I set a good example for our family by saying I’m sorry when I hurt someone, and encouraging my children to do the same. _____

I am able to resolve conflict with my children in a productive way. _____

I feel confident that our relationships with family, friends, and others are creating a strong, caring community for our family. _____

Our family works together as a team to resolve problems or concerns. _____

TOTAL SCORE _____

Emotions

The ability to process, express, and receive emotions in a healthy way.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I am helping my children to learn about, feel, and express the full range of emotions (sadness, fear, joy, boredom, anger, joy, love) in healthy ways. _____

The words I use and the way I speak to my children are helping to build a solid and healthy sense of confidence within them. _____

When my child misbehaves in some way, I use that as an opportunity to teach them about a better way of doing things. _____

When I am emotionally upset, I have places to turn to re-center myself, and I teach my family to do the same. _____

I make regular deposits into everyone in the family’s emotional bank accounts. _____

I take my children’s emotions seriously and do not minimize their feelings. _____

My relationship with alcohol and other drugs, as well as other possibly addictive behaviors, is good for my family. _____

I forgive myself and my children when we make mistakes and model expressing forgiveness easily. _____

The relationships in my life are emotionally stable and are a healthy model for my children. _____

I “say what I mean, mean what I say, and I don’t say it mean.” _____

TOTAL SCORE _____

Spirituality

The development and practice of a strong personal value system and a meaningful purpose in life.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

Our life together has a sense of meaning and purpose. _____

I am satisfied with what I model in giving back to the world. _____

I value centering/spiritual practices and make them a regular part of our life as a family. _____

I forgive people who have hurt me and model and teach forgiveness within my family. _____

The way I live my life is consistent with my spirituality, core values, and beliefs. _____

I have a sense of gratitude for the many good things in my life, and help my children to do the same. _____

I seek forgiveness from family members when I have hurt them. _____

My spirituality, core values, and beliefs are primary guides in making parenting decisions. _____

Our family is connected to a community that deepens our spiritual roots. _____

I am learning spiritual truths through my children and my journey as a parent. _____

TOTAL SCORE _____

Rest and Play

The ability to balance work and play and to renew oneself.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I feel positive about the amount of time that everyone in our family spends on screens each day. _____

I feel positive about the number and the types of extra-curricular activities in which my family is involved. _____

I take adequate time to rest and renew myself, and encourage my family to do the same. _____

I feel that we have adequate time together as a family to connect and have fun. _____

I am satisfied with the amount of sleep that my family and I get. _____

I have at least one hobby or interest that I enjoy. _____

I am satisfied that the way we all spend our unstructured time is renewing. _____

My family and I often laugh together. _____

We try new things, new activities, and explore new places together. _____

I have fun with my children. _____

TOTAL SCORE _____

Care for the Body

The ability to build healthy habits and practices regarding our physical well-being.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I do my best to adjust to changes in our family life in a positive way, and help my children to do the same. _____

When we are stressed or in the midst of a transition, my family and I are comfortable seeking support from each other and from others. _____

I am satisfied with the way I manage my own stress, so that it minimally impacts my children. _____

My family and I work to keep our challenges in perspective. _____

My family and I recognize the stressors in our lives and intentionally take steps to address them. _____

We are learning effective ways to alleviate stress, such as exercising, meditating, journaling, and connecting with others. _____

My family and I work to avoid activities that add excessive stress to our lives. _____

We have built a network of support around us that we can turn to when stressed. _____

I am able to respond thoughtfully to stressful situations, rather than merely reacting, and am teaching my children to do the same. _____

My family and I know how to take timeouts in the midst of stressful situations when needed. _____

TOTAL SCORE _____

Resilience

The ability to deal positively with the adversities of life.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I strive to be a good role model for my children in terms of caring for our bodies. _____

I am teaching my family to recognize and avoid choices of all types that are not healthy. _____

I go to the doctor and dentist for regular checkups, and have my children do the same. _____

My family and I prioritize the sleep we need to function at our best. _____

I model listening to my body and making healthy adjustments as needed, and teach my children to do the same. _____

I model a healthy approach to sexuality for my children. _____

I do my best to make sure we all eat a healthy diet. _____

I model healthy decisions regarding the use of alcohol, other drugs, and tobacco. _____

I do my best to make sure that both my children and I get the exercise we need on a regular basis. _____

I care for my body in such a way as to have enough physical and mental energy to be the parent I want to be. _____

TOTAL SCORE _____

Organization

The ability to keep track of and make good use of possessions, money, and time.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

The way our family manages our money, and possessions reflects our most important values and priorities. _____

We have family conversations before we plan and schedule our activities to assure that they match our priorities. _____

I speak age appropriately with my children about money, and model healthy ways of spending, saving, and sharing. _____

Chores and expectations for helping around our home are clearly communicated, understood, and carried out. _____

I am teaching my children, and modeling for them, how to help keep our home clean and organized. _____

I feel confident that the number of activities our family participates in is good for everyone. _____

I know how my children spend their time and with whom they are spending it, and feel comfortable with what I know. _____

I am intentional about the amount of money my children have access to and how they use it. _____

I am helping my children learn how to manage their time and am working to model the same. _____

We have a system for planning and keeping track of our activities that works for everyone. _____

TOTAL SCORE _____

Work and School

The ability to get the most out of employment, educational, and volunteer opportunities.

Respond to the following 10 statements with a number between 0–10, based on the following scale. When you are done, transfer the total to your Wellness Compass on page 16. If a statement does not apply to you then simply give yourself a “10” for that statement.

Never	Sometimes			Half of the Time			Most of the Time			Always
0	1	2	3	4	5	6	7	8	9	10

I encourage and support my children in being who they are discovering themselves to be. _____

I see, appreciate, and celebrate the unique gifts that my children possess. _____

Knowing I am my children’s most important teacher, I model positive values around work, school, and home-life balance for my children. _____

I model the importance of learning by being a life-long learner myself. _____

I am aware of my child’s school responsibilities and make sure they have the time, materials, and support needed to fulfill them each day. _____

I lift up my child’s strengths at school as much as I do their challenges. _____

The role of grades and other measures of performance in our home is balanced and affirming for all involved. _____

I connect with my children’s school and teachers in a way that is supportive and appropriate for the age of my children. _____

I am open to learning from my children. _____

I make sure my children know I care about their life at school by supporting their school related activities. _____

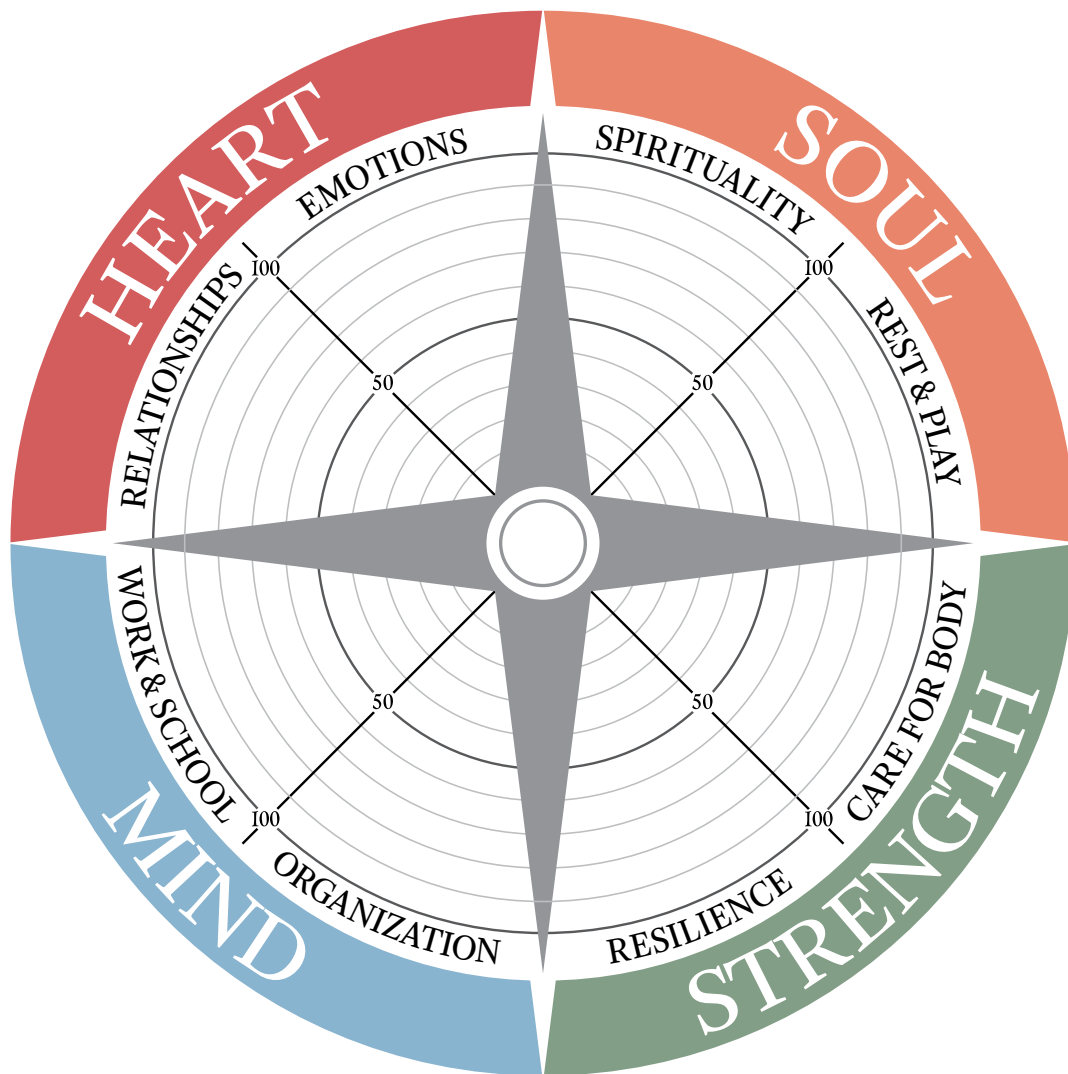
TOTAL SCORE _____

Parent Wellness Compass: Your Results

(will auto-populate with total scores from all of the self-assessments)

Once you have arrived at your total score from each self-assessment, that section of the compass will automatically fill in with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

NOTE: The zeroes (0) in the compass below will be auto-populated with your results from the self-assessment. If you want to print and complete the assessment by hand, we have added a blank Results Compass on p. 17 for you to shade in (see p. 7 for an example).



Parent Wellness Compass: Your Results

(for shading in by hand your total scores from all of the self-assessments)

Once you have arrived at your total score from the self-assessment in each area of wellness, shade in that section of the compass with your total (0 is at the center, 50 is halfway out, and 100 is at the outer edge). Remember, your scores are not “good” or “bad,” nor are they “strong” or “weak.” The self-assessment is simply a snapshot of your life at this very moment. It might be helpful to think of the Compass as a garden. Your results show areas of the garden you have been watering, and which areas may be in need of some additional watering.

NOTE: If you want to complete the self-assessment electronically, your results will be auto-populated on the Compass on p. 16. This Compass has been added for those who want to print and complete the assessment by hand.

