

## LAWYER WELLNESS SELF-ASSESSMENT

WELLNESS PARAMETERS	ALWAYS - 5	OFTEN - 4	SOMETIMES - 3	RARELY -2	NEVER -1
1. I am organized and on time.					
2. I get my work done on time and my work product is good.					
3. I can easily focus and organize my thoughts. My memory works well.					
4. I can disconnect from technology (email, text, phone) without discomfort.					
5. I am satisfied with law as a career choice.					
6. I feel like I have enough money and am financially comfortable.					
7. I feel physically well and have the energy to do what I want to do.					
8. I sleep well and feel rested.					
9. I have fun. I have moments of laughter, serenity and joy.					
10. I get regular, physical exercise.					
11. I have a regular hobby, passion, or activity that I enjoy and reduces stress.					
12. I eat a well-balanced, nutritious diet.					
13. I have physical pleasure (hugs, sexual pleasure, massage, warm baths, etc.)					
14. I am usually in a good mood. I feel balanced and positive.					
15. I am aware of my feelings and am comfortable with them.					
16. I feel like life is meaningful and my life has a purpose.					
17. I get along with most people and have good relationships with others.					
18. It is easy for me to ask others for help.					
19. I feel close to important people such as friends, family, partner (if any).					
20. I love someone and feel loved by them. I have at least one emotionally close and trusting relationship where I express my deep emotional needs.					
AREAS OF CONCERN	ALWAYS	OFTEN	SOMETIMES	RARELY	NEVER
I use alcohol, drugs or gambling to help me relax.					
I hide the amount of my drinking, drug use or gambling from others.					
I am worried about my well-being or behaviors.					
Other people have told me they are worried about my well-being or behaviors.					
I feel overwhelmed by stress, sadness, anxiety, hopelessness or despair.					
I feel numb or disconnected.					

### SCORE WELLNESS PARAMETERS 1-20

- 20-40: Your Wellness Needs Special Attention
- 40-60: Your Wellness Needs Some Attention
- 60-80: Your Wellness Is Good And Could Improve
- 80-100: Your Wellness Is Optimal

### AREAS OF CONCERN

Any “yes” answer in the yellow zone requires your attention.

