



## ASPIRE Wellness Assessment

At Lutheran SeniorLife Passavant Community, we are dedicated to helping older adults maintain a healthy, active lifestyle. That's why we created **ASPIRE Wellness**, a multi-dimensional approach to whole person wellness that will leave you invigorated, inspired, and joyful. Our program offers a team of experienced wellness professionals, best-in-class facilities, and the latest resources to help you continue to age well, while learning new skills and trying things you never thought possible. Our goal is to help you unleash your inner strength to achieve your best life, every day.

You can use this self-assessment tool to determine the dimensions of wellness (Active, Spiritual, Purposeful, Intellectual, Relational, Expressive) where you are thriving, as well as those that may need better attention. Taking this assessment will also help you to reflect on components of health that you may not have considered before.

### **Instructions:**

1. Answer all the questions for each of the six dimensions of wellness.
2. Your ASPIRE Wellness Coach will tally your points for each section and use the guide to interpret the scores.
3. Work with your ASPIRE Wellness Coach to develop a Personalized Wellness Plan.

Explore more information about the each dimension of wellness or more about the ASPIRE Wellness program at: [lutheranseniorlife.org/aspirewellness](http://lutheranseniorlife.org/aspirewellness)

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*The ASPIRE Wellness Assessment tool was created by Lutheran SeniorLife Passavant Community. It is intended for personal reflection, tracking scores and goal setting. In its current form, it is not a validated tool and should not be used for research or diagnostic purposes. It is an individual perception of wellness and should not replace regular physical exams or treatment by your physician.*

### Active Wellness

Staying active is an important aspect of good health, regardless of your starting point and fitness experience. In addition to getting regular exercise, maintaining a healthy body means balancing nutritional practices, getting regular exercise and adequate sleep, and paying attention to body signals.

	Never	Rarely	Sometimes	Usually
1. I engage in at least 30 mins of physical exercise at least 5x per week.	1	2	3	4
2. I get 6-8 hours of sleep every night.	1	2	3	4
3. I consume at least 5 servings of fruits and vegetables in a day (1 serving = 1 medium piece of fruit; ½ cup fresh, frozen, or canned fruits/vegetables; ¾ cup fruit/vegetable juice; 1 cup salad greens; or ¼ cup dried fruit).	1	2	3	4
4. I get regular physical exams (i.e. annual, when I have atypical symptoms).	1	2	3	4
5. I protect myself from getting ill (e.g., wash my hands, cover my cough, etc.).	1	2	3	4
6. I refrain from using alcohol and if I do drink I consume less than 2 drinks in 2 hours.	1	2	3	4
7. I refrain from using tobacco products, such as cigarettes, e-cigarettes, cigars or chewing tobacco.	1	2	3	4

Total \_\_\_\_\_

# ASPIRE

## WELLNESS



### Spiritual Wellness

As spiritual beings, you are encouraged to express and grow in your chosen faith. Spiritual wellness asks you to look within and explore your values and beliefs to discover a source of strength and serenity.

	Never	Rarely	Sometimes	Usually
1. I feel my spirituality supports my growth as a spiritual being.	1	2	3	4
2. I feel connected to something larger than myself (e.g., supreme being, nature, connectedness of all living things, humanity, community).	1	2	3	4
3. Prayer and/or meditation are a regular part of my daily routine.	1	2	3	4
4. I engage in acts of caring and goodwill without expecting something in return.	1	2	3	4
5. I sympathize/empathize with those who are suffering and try to help them through difficult times.	1	2	3	4
6. I live each day in a way that is consistent with my values.	1	2	3	4
7. I have a sense of peace about my life.	1	2	3	4

Total \_\_\_\_\_

### Purposeful Wellness

Purposeful wellness is about meaningful engagement. It involves providing you with purpose and the opportunity to contribute to the community or society as a whole. It is often a fit between who you are called to be and what you are called to do.

	Never	Rarely	Sometimes	Usually
1. My volunteer work or work I do for others reflects my personal values.	1	2	3	4
2. I believe that using my gifts and talents accomplishes something important.	1	2	3	4
3. I have opportunities to make meaningful contributions to others.	1	2	3	4
4. I explore volunteer opportunities that interest me.	1	2	3	4
5. I enjoy and find meaning in the activities that I do.	1	2	3	4
6. I believe that I am able to contribute my knowledge, skills, and talents with others.	1	2	3	4
7. I get personal satisfaction and enrichment from my life.	1	2	3	4

Total \_\_\_\_\_

### Intellectual Wellness

Intellectual wellness affords opportunities to satisfy your curiosity and to learn and grow across a broad and challenging spectrum of knowledge and skills. It involves your ability to value many experiences, stay stimulated with new ideas, and share your own perspectives throughout your life.

	Never	Rarely	Sometimes	Usually
1. I enjoy brainstorming and sharing knowledge with others in group projects or tasks.	1	2	3	4
2. I search for learning opportunities and stimulating mental activities.	1	2	3	4
3. I stay informed about local, national, or world events.	1	2	3	4
4. I treat my own errors as opportunities to learn and grow.	1	2	3	4
5. I can critically consider the opinions and information presented by others and provide constructive feedback.	1	2	3	4
6. I enjoy learning and have a wide field of interest.	1	2	3	4
7. I engage in continual learning opportunities (e.g., college courses, certifications, reading).	1	2	3	4

Total \_\_\_\_\_

### Relational Wellness

Relational wellness encourages social engagement and fun and also inspires the development of deep and meaningful relationships. It involves building close friendships, practicing empathy, and caring for others. It is what ties you to the community.

	Never	Rarely	Sometimes	Usually
1. I have loving, supportive relationships (friends, family) in my life.	1	2	3	4
2. I consciously and continually try to work on behaviors or attitudes that have caused problems in my interactions with others.	1	2	3	4
3. I communicate effectively with others, share my views and listen to those of others.	1	2	3	4
4. I participate in a wide variety of social activities and find opportunities to form new relationships.	1	2	3	4
5. I consider the feelings of others and do not act in hurtful/selfish ways.	1	2	3	4
6. I have a strong sense of belonging with the community in which I live.	1	2	3	4
7. I contribute to causes that make my community better.	1	2	3	4

Total \_\_\_\_\_

### Expressive Wellness

Expressive wellness is about understanding that we are imaginative beings who are always in the process of creating something. It involves being connected to yourself and finding ways to express who you are.

	Never	Rarely	Sometimes	Usually
1. I engage in stimulating or creative activities.	1	2	3	4
2. I am flexible and adapt or adjust to change in a positive way.	1	2	3	4
3. I manage my emotions in a mature manner.	1	2	3	4
4. My creativity leads me to better health (e.g., enhancing mood, reducing stress, decrease depression symptoms).	1	2	3	4
5. I value and actively participate in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.	1	2	3	4
6. I feel that my creativity helps to define who I am as a person.	1	2	3	4
7. I find it easy to express myself in positive, constructive ways.	1	2	3	4

Total \_\_\_\_\_



## Priority for Each ASPIRE Wellness Dimension

Based on your overall satisfaction with each dimension in your life and your score, please rate how much of a priority each dimension is to you during this assessment period with a check mark. We will use this in creating goals to help you unleash your inner strength!

Priority	High	Medium	Low
Active			
Spiritual			
Purposeful			
Intellectual			
Relational			
Expressive			

## Evaluating Your Scores

ASPIRE Wellness Dimension	Max Score	Your Score
Active	28	
Spiritual	28	
Purposeful	28	
Intellectual	28	
Relational	28	
Expressive	28	

**Scores of 20-28:** Wonderful! Your answers demonstrate that you're already taking positive steps in this dimension of wellness. You're improving your own well-being and also setting a good example for those around you. Although you achieved a high overall score in this dimension, you may want to check for low scores on individual items to see if there are specific areas you might want to address.

**Scores of 15-19:** Your behaviors in this area are good, but there is room for improvement. Take a look at the items on which you scored lower. What changes might you make it improve your score? Even a small change in behavior can help you achieve better health and well-being.

**Scores of 14 and below:** Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review resources with your ASPIRE Wellness Coach to help you develop and set achievable goals.