

The LifeWay Health & Well-Being Inventory™

Name: _____

Date: _____

Instructions:

At LifeWay Counseling Centers, we integrate 3 pillars of Well-Being: 1) Self-Care; 2) Relationships and 3) Purpose. Through our therapists and client education support materials, we are confident your Well-Being will improve.

Please indicate below your desire for life improvement currently for each Well-Being element.

Place a check mark in ‘support not needed’ or ‘I want better skills & habits’ for each element.

Self-Care		
Physical and Emotional Elements or Jobs of Self-care	Support not needed	I Want better skills & habits
I can readily replace harmful negative thoughts that defeat me with positive thoughts and self-talk that give me life.	<input type="checkbox"/>	<input type="checkbox"/>
I know what provides me happiness how to find it.	<input type="checkbox"/>	<input type="checkbox"/>
I know how to bring peace into my life in any situation.	<input type="checkbox"/>	<input type="checkbox"/>
I am intentionally making healthy food choices.	<input type="checkbox"/>	<input type="checkbox"/>
I know how to take control of my emotions & behaviors and change them to help improve my current life situation.	<input type="checkbox"/>	<input type="checkbox"/>
I am exercising regularly.	<input type="checkbox"/>	<input type="checkbox"/>
I routinely get the right amount of restful sleep I require.	<input type="checkbox"/>	<input type="checkbox"/>
I know what currently causes or triggers my anxieties and how to calm or solve those causes.	<input type="checkbox"/>	<input type="checkbox"/>
I know how to find joy in my life in any situation.	<input type="checkbox"/>	<input type="checkbox"/>
I have the discipline and will to adopt new habits that will improve my life.	<input type="checkbox"/>	<input type="checkbox"/>
I am intentionally growing spiritually.	<input type="checkbox"/>	<input type="checkbox"/>

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All Relationships		
My support system relationships matter!	Support not needed	I Want better skills & habits
I can quickly recognize my negative emotions and reactions in relationships, and I know how to respond constructively as needed.	<input type="checkbox"/>	<input type="checkbox"/>
I know what to do and what to say to peacefully resolve conflicts.	<input type="checkbox"/>	<input type="checkbox"/>
I can identify when criticism, defensiveness, contempt, or stonewalling are negatively impacting a relationship.	<input type="checkbox"/>	<input type="checkbox"/>
I know the steps to take that will improve or restore any broken relationships I am experiencing.	<input type="checkbox"/>	<input type="checkbox"/>
I try to listen empathetically and respectfully to my friends, family, and work colleagues to build & maintain good relationships.	<input type="checkbox"/>	<input type="checkbox"/>
I know how to communicate effectively in any situation.	<input type="checkbox"/>	<input type="checkbox"/>

My Purpose		
My dreams, vision and purpose motivate me.	Support not needed	I Want better skills & habits
I am emotionally free to try new things.	<input type="checkbox"/>	<input type="checkbox"/>
I have a thoughtful, achievable, short-term written goal (next 6 months) and action plan that motivates me each day.	<input type="checkbox"/>	<input type="checkbox"/>
I am taking steps to become more self-aware and more self-confident. I am more free to be the person I was created to be.	<input type="checkbox"/>	<input type="checkbox"/>
I have a purposeful, life-fulfilling written goal (next 3-5 years) that I clearly see and is helping me make decisions for the future.	<input type="checkbox"/>	<input type="checkbox"/>
I know that my life is having a positive impact. It counts! I am worth something important.	<input type="checkbox"/>	<input type="checkbox"/>

My Well-Being											
Thinking about your current life situation, give yourself an overall Well-Being score from 1 – 10.											
1= Very Poor Well-Being and 10 = Excellent Well-Being (circle number below):											
Very Poor Well-Being	1	2	3	4	5	6	7	8	9	10	Excellent Well-Being

Thank you for completing the LifeWay Health & Well-Being Inventory™. We believe you have the strengths, talents, energy and ability to learn new approaches to improve any of the Well-Being elements you have chosen.