

Wellbeing Pulse Check

Personal Assessment & Action Planning Tool

What is the Wellbeing Pulse Check?

The Wellbeing Pulse Check is a comprehensive self-assessment tool designed to help you evaluate your overall wellbeing across five key life domains. This assessment provides a clear picture of where you stand and where you want to go, empowering you to make intentional choices about your personal growth and life quality.

Why is This Assessment Valuable?

- **Holistic View:** Evaluate 16 critical wellbeing indicators across all major life areas
- **Identify Priorities:** Discover which areas matter most to you and where improvement would have the greatest impact
- **Track Progress:** Return to this assessment periodically to monitor your wellbeing journey
- **Action-Oriented:** Use your results to create focused, meaningful improvement plans
- **Data-Driven Decisions:** Base your choices on concrete self-awareness, not assumptions

How to Use This Assessment

This assessment takes approximately 10–15 minutes to complete. For each of the 16 wellbeing indicators:

Assessment Instructions

Rate each indicator on two dimensions using the scales below. Be honest and reflective—there are no "right" answers.

Scale	Definition
Satisfaction (1–10)	1 = Completely unsatisfied with this area 10 = Completely satisfied with this area
Importance (1–10)	1 = Not important to me 10 = Extremely important to me

Key Concept: The "Priority Gap" is calculated as: Importance – Satisfaction. Areas with the largest gaps represent the highest-priority opportunities for improvement, as they matter greatly to you but need attention.

Wellbeing Indicators Assessment

Foundational Domain

Basic needs that form the foundation for all other wellbeing

Indicator	Description	Satisfaction (1–10)	Importance (1–10)	Priority Gap (Imp – Sat)
Housing	Adequate shelter, safe living environment, housing stability	_____	_____	_____
Food	Access to nutritious food, healthy eating habits, food security	_____	_____	_____
Transportation	Reliable transportation, ease of mobility, commute satisfaction	_____	_____	_____
Personal Safety	Physical safety, freedom from threats, sense of security	_____	_____	_____

Holistic Health Domain

Physical, mental, and preventive health across all dimensions

Indicator	Description	Satisfaction (1–10)	Importance (1–10)	Priority Gap (Imp – Sat)
Physical Vitality	Energy levels, fitness, physical strength and endurance	_____	_____	_____
Disease Management	Managing chronic conditions, treatment adherence, symptom control	_____	_____	_____
Mental Resilience	Stress management, emotional regulation, mental clarity	_____	_____	_____
Restorative Sleep	Sleep quality, duration, feeling rested and refreshed	_____	_____	_____
Health Coverage	Access to healthcare, insurance, preventive care resources	_____	_____	_____

Financial & Occupational Domain

Economic security and meaningful work or engagement

Indicator	Description	Satisfaction (1–10)	Importance (1–10)	Priority Gap (Imp – Sat)
Financial Health	Income adequacy, debt management, savings, financial security	_____	_____	_____
Employment	Work satisfaction, career alignment, job stability, meaningful engagement	_____	_____	_____

Social & Family Domain

Meaningful relationships and community connections

Indicator	Description	Satisfaction (1–10)	Importance (1–10)	Priority Gap (Imp – Sat)
Relationships	Quality friendships, romantic relationships, social connection	_____	_____	_____
Parenting/Child Care	Quality time with children, parenting confidence, family dynamics	_____	_____	_____
Community Belonging	Social networks, sense of belonging, community involvement	_____	_____	_____

Growth & Purpose Domain

Personal development and sense of meaning

Indicator	Description	Satisfaction (1–10)	Importance (1–10)	Priority Gap (Imp – Sat)
Education	Learning opportunities, skill development, intellectual engagement	_____	_____	_____
Purpose/Creativity	Sense of purpose, creative expression, meaningful contributions	_____	_____	_____

Interpreting Your Results

After completing all 16 indicators, use your Priority Gap scores (Importance – Satisfaction) to identify where to focus your energy.

Gap Size	Interpretation
0–2	Balanced: You are satisfied with this area relative to its importance. Maintain and enjoy.
3–5	Moderate Gap: This area has room for improvement. Consider addressing it in your action plan.
6–8	Significant Gap: This is a high-priority area. This deserves focused attention and resources.
9–10	Critical Gap: This area is very important to you and requires immediate action and significant effort.

Priority Identification Process:

1. Review all your Priority Gap scores
2. Circle the three indicators with the largest gaps
3. These are your highest-impact improvement areas
4. Use these to guide your Wellbeing Upgrade action plans

Next Steps: From Assessment to Action

Completing this assessment is just the beginning. Use your results to create a focused, meaningful improvement plan.

Step 1: Identify Your Top 3 Priorities

1. **Identify Your Top 3 Priorities:** From your Priority Gap scores, select the three indicators with the largest gaps. These represent the greatest opportunities for meaningful improvement in your life.

Step 2: Create Focused Improvement Plans

2. **Create Focused Improvement Plans:** For each priority area, develop a specific, actionable improvement plan. Consider: What changes would move the needle? What resources do you need? What is one small step you can take this week?

Step 3: Build Your Support System

3. **Build Your Support System:** Share your priorities with trusted friends, family, or professionals who can support your growth. Consider whether coaching, counseling, training, or community resources might help.

Step 4: Track Progress Over Time

4. **Track Progress Over Time:** Revisit this assessment every 30–90 days. Note how your satisfaction scores improve as you work on your priorities. Celebrate wins and adjust your approach as needed.

Step 5: Celebrate Progress

5. **Celebrate Progress:** Wellbeing improvement is a journey, not a destination. Acknowledge even small improvements and maintain momentum through consistent, intentional effort.

