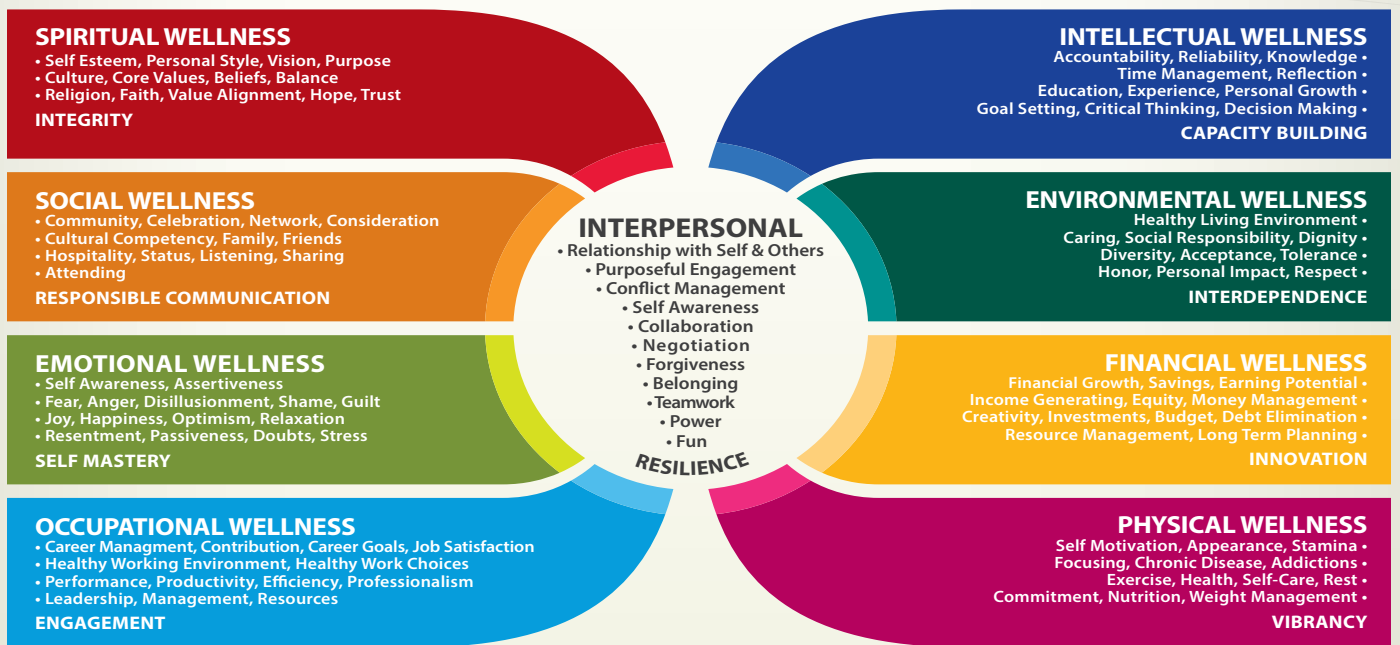




Wellness Improvement System Assessment

WISA® measures your capacity to contribute to the wellness of your interpersonal relationships at home or at work. Please decide on the areas of the WIS model dimensions that you feel are most important to your life and assess any five areas of each, giving yourself a score on a scale of 1 – 10 (If 1 = Poor and 10 = Excellent). (Remember, your scores should not reflect *high and low* but *poor and excellent*)

Wellness Improvement System Model



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Spiritual	Social	Emotional	Occupational	Intellectual	Environmental	Financial	Physical
Total =	Total =	Total =	Total =	Total =	Total =	Total =	Total =
Total ÷ 5	Total ÷ 5	Total ÷ 5	Total ÷ 5	Total ÷ 5	Total ÷ 5	Total ÷ 5	Total ÷ 5
=	=	=	=	=	=	=	=

Sum of all 8 Dimensions ÷ 8 = WISA _____

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