

# Project Management conference

The upgraded role of PM

# WORKSHOP



# Personal Health Assessment<sup>1</sup>

## Physical Health

**1 poor – 5 excellent**

How is your energy throughout the day?	1	2	3	4	5
How rested do you feel when you wake up in the morning?	1	2	3	4	5
How healthy is your diet?	1	2	3	4	5
How is your level of daily activity and exercise?	1	2	3	4	5
How well do you function without escaping? (I don't use alcohol, drugs, smoking, caffeine, when stressed)	1	2	3	4	5

## Mental Health

How is your ability to maintain a positive attitude?	1	2	3	4	5
How is your ability to stay focused right now?	1	2	3	4	5
How good are you at keeping life's events in perspective?	1	2	3	4	5
How grateful do you feel right now?	1	2	3	4	5
How open are you to hearing other people's insights/opinions? (Especially when they are different from yours)	1	2	3	4	5

## Emotional Health

How well do you practice self-compassion / self-forgiveness?	1	2	3	4	5
How well do you maintain a healthy life-work balance?	1	2	3	4	5
How well can you maintain flexibility under stress?	1	2	3	4	5
How much is humor, laughter, and playfulness part of your daily life?	1	2	3	4	5
How healthy are your relationships?	1	2	3	4	5

## Spiritual Health

How strong is your belief in a positive outcome?	1	2	3	4	5
How close do you feel to God or your higher power?	1	2	3	4	5
How much do you pray, meditate or practice mindfulness?	1	2	3	4	5
How often do you practice kindness or do acts of service towards others?	1	2	3	4	5
How well do you know and live your purpose in life?	1	2	3	4	5

**Please add all your answers to calculate your score:**

**Total Score =**

## Interpreting your score:

There are two ways to interpret your score. The first is your cumulative score, which gives you an indication of your overall sense of health, fulfillment, and happiness in life:

- **81-100:** I am generally healthy and happy in my life. Feedback in specific areas might be useful.
- **65-80:** My life is okay, but not always what I would like it to be. I could use some direction in making my life healthier.
- **50-65:** My life is not going in a direction I would like it to go. I need guidance in learning how to have greater health and wellness.
- **Less than 50:** My life is unhealthy and needs to change now. (Don't give up – this is a great opportunity for growth!)

The second way to interpret your score has to do with the individual areas which are covered in the survey. Research has shown that the twenty areas addressed in the questions are specific indicators which contribute to one's overall sense of wellness. So, for example, if a score was less than 4 on a particular question, it shows room for improvement in that specific area. The lower the score, the greater the opportunity for growth.