

## Emotional Health Assessment

Area	Never 1	Seldom 2	Often 3	Most Times 4	Always 5	Total
I feel good about myself.						
I feel good about my job.						
I feel loved.						
I live most days worry-free.						
I am authentic with others.						
Life seems balanced and doable.						
I enjoy a regular Sabbath.						
I laugh at myself and with others.						
I don't take myself too seriously						
I enjoy my coworkers.						
I feel respected.						
Life moves at just the right speed.						
Total						

Totals will range from 12 to 60.