

### **Perceived Wellness Survey**

*The following statements are designed to provide information about your wellness perceptions. Please carefully and thoughtfully consider each statement, then select the one response option with which you most agree.*

	Very Strongly Disagree	Very Strongly Agree
1. I am always optimistic about my future.	1 2 3 4 5 6	
2. There have been times when I felt inferior to most of the people I knew.	1 2 3 4 5 6	
3. Members of my family come to me for support.	1 2 3 4 5 6	
4. My physical health has restricted me in the past.	1 2 3 4 5 6	
5. I believe there is a real purpose for my life.	1 2 3 4 5 6	
6. I will always seek out activities that challenge me to think and reason.	1 2 3 4 5 6	
7. I rarely count on good things happening to me.	1 2 3 4 5 6	
8. In general, I feel confident about my abilities.	1 2 3 4 5 6	
9. Sometimes I wonder if my family will really be there for me when I am in need.	1 2 3 4 5 6	
10. My body seems to resist physical illness very well.	1 2 3 4 5 6	
11. Life does not hold much future promise for me.	1 2 3 4 5 6	
12. I avoid activities which require me to concentrate.	1 2 3 4 5 6	
13. I always look on the bright side of things.	1 2 3 4 5 6	
14. I sometimes think I am a worthless individual.	1 2 3 4 5 6	
15. My friends know they can always confide in me and ask me for advice.	1 2 3 4 5 6	
16. My physical health is excellent.	1 2 3 4 5 6	
17. Sometimes I don't understand what life is all about.	1 2 3 4 5 6	
18. Generally, I feel pleased with the amount of intellectual stimulation I receive in my daily life.	1 2 3 4 5 6	
19. In the past, I have expected the best.	1 2 3 4 5 6	
20. I am uncertain about my ability to do things well in the future.	1 2 3 4 5 6	
21. My family has been available to support me in the past.	1 2 3 4 5 6	
22. Compared to people I know, my past physical health has been excellent.	1 2 3 4 5 6	
23. I feel a sense of mission about my future.	1 2 3 4 5 6	
24. The amount of information that I process in a typical day is just about right for me (i.e., not too much and not too little).	1 2 3 4 5 6	
25. In the past, I hardly ever expected things to go my way.	1 2 3 4 5 6	
26. I will always be secure with who I am.	1 2 3 4 5 6	
27. In the past, I have not always had friends with whom I could share my joys and sorrows.	1 2 3 4 5 6	
28. I expect to always be physically healthy.	1 2 3 4 5 6	
29. I have felt in the past that my life was meaningless.	1 2 3 4 5 6	
30. In the past, I have generally found intellectual challenges to be vital to my overall well-being.	1 2 3 4 5 6	
31. Things will not work out the way I want them to in the future.	1 2 3 4 5 6	
32. In the past, I have felt sure of myself among strangers.	1 2 3 4 5 6	
33. My friends will be there for me when I need help.	1 2 3 4 5 6	
34. I expect my physical health to get worse.	1 2 3 4 5 6	
35. It seems that my life has always had purpose.	1 2 3 4 5 6	
36. My life has often seemed void of positive mental stimulation.	1 2 3 4 5 6	