

Emotional Wellness Quiz

Do you know your emotional wellness quotient? Take the following quiz and find out.

Score details:

Excellent = 5, Very Good = 4, Good = 3, Fair = 2, Poor = 1

- 1) How would you rate your ability to develop and maintain relationships? _____
- 2) How well do you accept your mistakes? _____
- 3) Do you like constructive criticism? _____
- 4) Are you able to laugh at life? _____
- 5) How good do you feel about yourself? _____
- 6) How would you rate your self love? _____
- 7) You get an unexpected challenge, how do feel about it? _____
- 8) Do you have your life under control? _____
- 9) How well do you handle stress? _____
- 10) Are you grounded? _____
- 11) How is your energy level? _____
- 12) Do you take time regularly to unwind? _____
- 13) Do you have control over your life? _____
- 14) Do you set priorities regularly? _____
- 15) Do you achieve goals regularly? _____
- 16) Are you well aware of your strengths? _____
- 17) Are you well aware of your weaknesses? _____
- 18) Do you feel good about your future? _____
- 19) How good are you at expressing your feelings? _____
- 20) Do you look forward to the future? _____

Total Score: _____

Ratings:

20-40: You need to put serious efforts to get emotionally well, before it derails your life.

41-60: You need to make efforts to get emotionally well.

61-80: You have average emotional wellness & need some work.

81-100: You are on the right path. With little effort, you can achieve your dream life

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