Pinnacle Wellness Assessment

From the Aloha Wellness Guide™

For each statement, **rate your level of agreement** on a scale from **1 to 7**, where:

1 = Strongly Disagree / Very Poor 4 = Neutral 7 = Strongly Agree / Excellent

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Pinnacle Wellness Assessment

Wellness Statements:

Take Online & Don't Do Math!

1. I feel helpless to take action to reduce waste or promote sustainability in my environment. ___
2. I feel financially secure and have a clear plan to manage my money. ___
3. I regularly participate in social activities that bring me joy and connection. ___
4. 4. I actively take steps to create a peaceful and sustainable environment. ___
5. 5. I seek guidance from ancestral knowledge, faith, or personal reflection. ___
6. 6. I actively engage in cultural or community traditions that strengthen my relationships. ___
7. 7. I frequently feel financially unstable and uncertain about the future. ___
8. 8. I engage in practices that strengthen my sense of identity and personal growth. ___

9. I feel secure in my ability to provide for myself and my family. ___

10. I feel lost or uncertain about my beliefs and personal values. ___

11. I often feel isolated, disconnected, or lack meaningful social relationships. ___

12. I make financial decisions that balance my needs and community well-being. ___

13. I often feel powerless or unable to influence my life path. ___

14. I experience frequent physical discomfort or fatigue. ___

15. I frequently feel unmotivated or disconnected from my work or responsibilities. ___

16. I make responsible financial decisions that align with my values and goals. ___

17. I feel stagnant in my learning and rarely engage in activities that expand my mind. ___

18. I feel emotionally balanced and resilient in most situations. ___

19. I feel spiritually fulfilled and find strength through my beliefs or practices. ___

20. I experience frequent financial stress that negatively impacts my well-being. ___

21. I actively mālama ʻāina (care for the land) through sustainable practices. ___

22. I regularly seek opportunities to learn and challenge my thinking. ___

23. I feel empowered to make decisions that align with my values and goals. ___

24. I make conscious choices to eat nutritious foods and stay hydrated. ___

25. I feel disconnected from my cultural, spiritual, or ancestral identity. ___

26. I frequently feel overwhelmed and struggle to control my emotions. ___

27. I regularly engage in physical activity to maintain my strength and health. ___

28. I rarely feel mentally stimulated or engaged in my activities. ___

29. I struggle to maintain strong, healthy connections with others. ___

30. I actively nurture connections with others built on trust and respect. ___

31. I engage in creative or mentally stimulating activities that help me grow. ___

32. I feel deeply connected to nature and prioritize its preservation. ___

33. I take intentional steps to shape my future and contribute to my community. ___

34. I have meaningful relationships that provide emotional and social support. ___

35. I feel that my surroundings are cluttered, chaotic, or negatively impact my mood. ___

36. I honor my cultural heritage and actively learn about my ancestral traditions. ___

37. My work or daily responsibilities provide me with a sense of fulfillment and purpose. ___

38. I feel supported and valued in my professional or personal commitments. ___

39. I have a strong support system of family, friends, or community members. ___

40. I practice self-compassion and maintain a positive outlook even during challenges. ___

41. My living and working spaces feel clean, organized, and support my well-being. ___

42. I feel a deep sense of purpose and meaning in my life. ___

Date Completed:_____

Domain Key & Scoring Formula

Each domain includes three questions. To calculate your score, write your responses in the spaces below. Add your ratings for Question 1 and Question 2. Then, take the rating from Question 3 and **invert it using this scale**: 1 becomes 7, 2 becomes 6, 3 becomes 5, 4 stays 4, 5 becomes 3, 6 becomes 2, and 7 becomes 1. Add this new number to your total. The maximum score per domain is 21.

- **Emotional Wellness** → 36 ___ + 41 ___ + 18 (inverted ___) = ___
- **Environmental Wellness** → 6 ___+ 16 ___ + 39 (inverted ___) = ___
- **Financial Wellness** → 33 ___ + 44 ___ + 26 (inverted ___) = ___
- **Intellectual Wellness** → 10 ___ + 12 ___ + 48 (inverted ___) = ___
- **Occupational Wellness** → 34 ___ + 47 ___ + 31 (inverted ___) = ___
- **Physical Wellness** → 1 ___ + 13 ___ + 37 (inverted ___) = ___
- **Social Wellness** → 4 ___ + 19 ___ + 46 (inverted ___) = ___
- **Spiritual Wellness** → 2 ___ + 24 ___ + 21 (inverted ___) = ___
- **ʻĀina Momona** → 17 ___ + 29 ___ + 42 (inverted ___) = ___
- **Pilina** → 28 ___ + 45 ___ + 15 (inverted ___) = ___
- **Waiwai** → 22 ___ + 25 ___ + 11 (inverted ___) = ___
- **Ea** → 9 ___ + 14 ___ + 7 (inverted ___) = ___
- **Ke Akua Mana** → 40 ___ + 5 ___ + 5 (inverted ___) = ___
- **ʻŌiwi** → 30 ___ + 32 ___ + 20 (inverted ___) = ___

Scoring Interpretation:

18–21 (Thriving): You excel in this wellness area.

12–17 (Balanced): You are stable in this area but may have room for improvement.

6–11 (Needs Attention): This area may require more focus and effort.

3–5 (Critical): You are experiencing significant challenges in this area and may benefit from additional support.