



12-ITEM HEALTH AND WELLNESS SURVEY

First Name _____ Date _____ Completed by(relationship) _____

INSTRUCTIONS This survey will help you determine how well you are doing or if there are barriers that prevent you from achieving to your potential and being "the best you can be as naturally as possible". Please answer the questions by checking the column that best describes you how you feel. If you wish to address your concerns, you can follow the steps in the Self-managed Journey (SMJ) found on the www.empowermentplus.org website.

#	Question	Hardly Ever	Some of the Time	Most of the Time	Almost all the Time	Self-Managed Journey
1	Do you doubt that you are achieving to your potential?					Step 1 Attention
2	Do you have trouble focusing if you are not particularly interested in a task?					Step 1 Attention
3	Do others complain about your performance being inconsistent?					Step 1 Attention
4	Do you have trouble understanding what people mean when they speak?					Step 2 Learning
5	Do you have trouble understanding what you read?					Step 2 Learning
6	Is it difficult for you to write neatly?					Step 2 Learning
7	Do you have trouble getting along with others?					Step 3 Personality
8	Do you have food sensitivities, allergies, irritable bowel syndrome (IBS), eczema, or asthma?					Step 4 Food Sensitivities
9	Do you get sick more than twice a year with a cold, flu, or sinus infection?					Step 4 Food Sensitivities
10	Do you experience bad moods?					Step 4 Food Sensitivities
11	Are you past events or traumas, present-day concerns, or future worries a source of distress for you?					Step 5 Other Factors
12	Do you have a sore back or headaches?					Step 5 Other Factors

INTERPRETATION If you answered "Most of the Time" or "Almost all the Time" to any of the questions above, you may wish to begin to address your concerns by choosing one area that interests you. Alternatively, if you have concerns in attention (ADHD or ADD), we recommend that you begin at Step One - Attention of the "Self-managed Journey" on the www.empowermentplus.org website and follow each step in order. Finding someone else to accompany you in this process is strongly advised. For further help, see [Contact Us](#) on the website.