

What is Your Intellectual Wellness?

The intellectual dimension involves embracing creativity and mental stimulation.

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am interested in learning new things.
- _____ 2. I try to keep abreast of current affairs - locally, nationally, and internationally.
- _____ 3. I enjoy attending special lectures, plays, musical performances, museums, galleries, and/or libraries.
- _____ 4. I carefully select movies and television programs.
- _____ 5.