

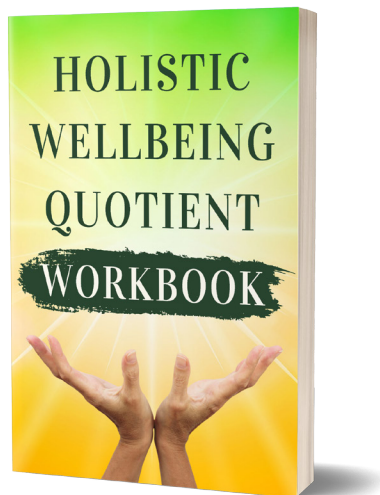
# HOLISTIC WELLBEING QUOTIENT

WORKBOOK



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# HOLISTIC WELLBEING QUOTIENT

**Instructions:** Use the scale below to indicate how each question relates to your well-being. It is important to answer the questions honestly. Choose the answer that is best suited.

QUESTIONS	WRITE YOUR ANSWER
<b>1. How cheerful are you?</b> a. Extremely cheerful                      b. Just cheerful c. Not cheerful                                d. None of the above	
<b>2. Am tensed and helpless</b> a. Rarely                                         b. Occasionally c. Lot of times                                 d. Often	
<b>3. I eat too much/too less</b> a. Rarely                                         b. Occasionally c. Lot of times                                 d. Most of the times	
<b>4. I get angry/irritated</b> a. Rarely                                         b. sometimes c. Lot of times                                 d. Most of the times	
<b>5. My sleeping habits are</b> a. good sleep                                  b. broken/disturbed c. too little                                     d. too much sleepy	
<b>6. The sexual desire in me is</b> a. Good                                          b. Adequate c. Poor                                            d. Very poor	
<b>7. Irregular bowel movement</b> a. Very often                                  b. Quiet often c. Occasionally                                d. Not at all	

QUESTIONS	WRITE YOUR ANSWER
<p><b>8. My interest in my appearance</b></p> <p>a. Very often                                      b. Quiet often c. Occasionally                                    d. Not at all</p>	
<p><b>9. I take care of myself (hair-cut, nail trimmed etc.)</b></p> <p>a. Very well                                        b. Am presentable c. I don't care                                      d. Definitely no</p>	
<p><b>10. Breathlessness for no obvious medical reason</b></p> <p>a. Rarely                                            b. Sometimes c. Nearly all the times                          d. Most of the times</p>	
<p><b>11. I would like to socialise</b></p> <p>a. Always                                            b. Quiet often c. Occasionally                                    d. Not at all</p>	
<p><b>12. I have at least 1 person with whom I can</b></p> <p>a. discuss almost everything b. discuss few things c. discuss very few things                  d. not at all</p>	
<p><b>13. My favourite pass time is</b></p> <p>a. partying                                        b. watching TV (&gt; 2-3 hours) c. chatting on mobile                          d. shopping</p>	
<p><b>14. I work late</b></p> <p>a. Rarely                                            b. Sometimes c. Nearly all the times                          d. Most of the times</p>	
<p><b>15. I get upset when people show my faults</b></p> <p>a. Rarely                                            b. Sometimes c. Nearly all the times                          d. Most of the times</p>	
<p><b>16. I say no if people ask me to do something which I don't like</b></p> <p>a. Most of the times                            b. Nearly all the times c. Sometimes                                      d. Not at all</p>	

**Results table (Mark a=4, b-3, c-2, d-1)**

<p><b>Physical well being</b></p> <p><i>Add score of Questions (3, 5, 6, 7) to get your score</i></p>	<p>Score =</p>	<p>&gt;12 good &gt;10 care to be taken &lt; 5 pay attention</p>
<p><b>Psychological/Mental well being</b></p> <p><i>Add score of (Questions 1, 2, 4, 14) to get your score</i></p>	<p>Score =</p>	<p>&gt;12 good &gt;10 care to be taken &lt; 5 pay attention</p>
<p><b>Social Wellbeing</b></p> <p><i>Add score of (Questions 8, 9, 11, 13) to get your score</i></p>	<p>Score =</p>	<p>&gt;12 good &gt;10 care to be taken &lt; 5 pay attention</p>
<p><b>Emotional well being</b></p> <p><i>Add score of (Questions 10, 12, 15, 16) to get your score</i></p>	<p>Score =</p>	<p>&gt;12 good &gt;10 care to be taken &lt; 5 pay attention</p>