



Intellectual wellness involves participating in activities that increase curiosity. Wellness in this area involves considering how having hobbies and interests can continue to stimulate our passions.

Intellectual Wellness Assessment

On a scale of 1 to 10, how much do you AGREE or DISAGREE with these statements?

1 = Strongly AGREE **10 = Strongly DISAGREE**

1. I enjoy **LEARNING NEW THINGS**.

1 2 3 4 5 6 7 8 9 10

2. I make effort to expose myself to **DIFFERENT CULTURES** I haven't experienced before.

1 2 3 4 5 6 7 8 9 10

3. I have **CREATIVE OUTLETS**.

1 2 3 4 5 6 7 8 9 10

4. I like to do activities such as sudoku or word puzzles that **CHALLENGE MY MIND**.

1 2 3 4 5 6 7 8 9 10

5. I try to expose myself to TV, movies, and music that **INSPIRE MY CREATIVITY**.

1 2 3 4 5 6 7 8 9 10

6. I enjoy having a **FRIENDLY DEBATE OR LIVELY CONVERSATION** with others.

1 2 3 4 5 6 7 8 9 10

7. I try to **EXPERIENCE MY COMMUNITY** by attending art museums, plays, and going to the library.

1 2 3 4 5 6 7 8 9 10

8. I enjoy **PLAYING CHALLENGING GAMES** with my friends or family.

1 2 3 4 5 6 7 8 9 10





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Reflecting on Intellectual Wellness

Answer the following questions to help you reflect further on your own intellectual wellness.

1. Describe a **CULTURAL EVENT** you attended. What did you learn from that experience? Would you like to connect with more cultural activities in your area?
2. Do you have a **CREATIVE OUTLET**? Describe your favorite creative activities and explain how you'd like to add more of them to your life.
3. Are there **BOOKS** that you have read that have been stimulating and important to you? Reflect on those texts and create a list of other things you might want to read more about.
4. Reflect on a favorite **MOVIE OR TELEVISION SHOW**. What about the story inspires you? What have you learned from watching it?
5. Write a list of things you would **LIKE TO LEARN MORE ABOUT**. How might you go about learning more about these areas of interest?



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JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a piece of art that inspires you.
2. Think about having a creative outlet. Do you currently have one? If not, what kind of creative outlet might you be interested in pursuing?
3. Think of an album that has impacted your life. Pick several songs from the album and describe how the music and lyrics make you feel.
4. Is there a movie or television show that inspires you? What about the show do you love?
5. Make a playlist that captures the essence of you. Create liner notes that describe why you chose each song and why it is meaningful to you.
6. What is something that you want to learn more about that you currently don't know much about? What are steps you can take to learn more?
7. Imagine you are going to college right now (even if you never attended or you're well past college age). What would you major in and why?
8. Write a list of books you have read or would like to read. Turn it into a project to read through that list.

Visit the DBSA website for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.

DBSAAlliance.org/WellnessWheel

