



## Personal Wellness Report

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2/19/2010

Judgment Indicator		Preferred	Moderate	Caution
1.	Adequacy of Self-Regard		●	
2.	Coping with Work-Side Stress			●
3.	Coping with Self-Side Stress	●		
4.	Dealing with Difficult Situations		●	
5.	Focus and Clutter	●		
6.	Noticing Subtle Changes	●		
7.	Self-Induced Stress		●	
8.	Following Directions		●	
9.	Understanding Conceptually	●		
10.	Following Conceptual Plans with Precision	●		
11.	Dealing with Change	●		
<b>NUMBER OF SCORES IN CATEGORY</b>		<b>6</b>	<b>4</b>	<b>1</b>

- The above results indicate the score achieved in each of eleven key areas of measure.
- Within each measure there are three possible ranges into which a score can fall.
- Scores which fall into the CAUTION range should be keenly noted and steps taken to monitor, strengthen and improve that result. Improvement in a CAUTION area will reduce risk and improve wellness results.

The following scores represent the individual's judgment capacities on 2/19/2010. However, the evaluative process, which influences judgment and thus decisions, evolves throughout our lifetime. Each step throughout life engages us in the evaluation and judging process. Our personal value structure is dynamic and always-changing. It grows as we grow (by education, training and experiences). New experiences may change the way we see others and how we relate to them. Problems and challenges can force us to grow in ways we can't always foresee. Areas of weakness can be developed and improved. This report is a window into the individual's personal value structure as it stands today.