

Measuring your Social Wellness

Evaluate yourself with this short quiz:

1. Do I plan time to be with my family and friends?
2. Do I enjoy the time I spend with others?
3. Are my relationships with others are positive and rewarding?
4. Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered “No” to any of the questions, it may indicate an area where you need to improve the state of your social wellness.

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“Of course I know how to communicate without a phone. I have an app for that!”

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Source: <http://www.crmlearning.com/blog/index.php/2008/05/4-ways-to-measure-your-social-wellness/>