IWQ[®] measures your capacity to contribute to the wellness of your interpersonal relationships at home or at work. Please decide on the areas of the IWS model dimensions that you feel are most important to your life and assess any five areas of each, giving yourself a score on a scale of 1 – 10 (If 1 = Poor and 10 = Excellent). (Remember, your scores should not reflect *high and low* but *poor and excellent*)

Interpersonal Wellness Quotient

Interpersonal Wellness System Model

SPIRITUAL

- Self Esteem, Personal Style
- Culture, Core Values, Beliefs
- Religion, Faith, Integrity
- Balance, Hope, Vision

INTELLECTUAL

- Accountability, Reliability, Knowledge Time Management, Problem Solving •
- Education, Experience, Personal Growth Ability to set Goals, Good Decision Making •
- Reflection, Critical Thinking, Risk Taking

- SOCIAL
- Community, Celebration
- Family, Friends, Network
- Hospitality, Status
- Responsible Communication
- Cultural Competency

EMOTIONAL

- Self Awareness, Assertiveness
- Fear, Anger, Disillusionme
- Joy, Happiness, Optimism
- Resentment, Passiveness, Doubts
- Stress & Anger Management, Relaxation

OCCUPATION

- Job Skills, Position, Career Goals
- Healthy Work Environment
- Job Training Level, Job Performance
- Job Satisfaction, Career Opportunity
- Competencies, Problem Solving

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Spiritual	Social	Emotional	Occupational	Intellectual	Environmental	Financial	Physical
Total =							
Total ÷ 5 =							

Sum of all 8 Dimensions ÷ 8 = IWQ

- INTERPERSONAL • Relationship with Self & Others
 - Conflict Management
 Positive Vibrations
 Self Awareness
 Collaboration
 Belonging
 - Esteem • Power
 - Fun

ENVIRONMENTAL Personal Impact • Social Consciousness •

- Diversity, Acceptance, Tolerance
 - Interdependence, Respect •
 - Healthy Living Environment •

FINANCIAL

- Earning Potential •
- Money Management Budget, Debt Load •
- Long Term Planning •
- Equity, Investments, Savings •

PHYSICAL

- Appearance, Stamina •
- Chronic Disease, Addictions •
- Exercise, Health, Self-Care, Rest •
- Nutrition, Weight Management Focusing, Self Motivation •