



WELLNESS WORKSHEET 6

Levenson Multidimensional Locus of Control Scales

For each of the following statements, indicate the extent to which you agree or disagree by writing in the appropriate number.

- 3 = strongly disagree
- 2 = disagree somewhat
- 1 = slightly disagree
- +1 = slightly agree
- +2 = agree somewhat
- +3 = strongly agree

- _____ 1. Whether or not I get to be a leader depends mostly on my ability.
- _____ 2. To a great extent my life is controlled by accidental happenings.
- _____ 3. I feel like what happens in my life is mostly determined by powerful people.
- _____ 4. Whether or not I get into a car accident depends mostly on how good a driver I am.
- _____ 5. When I make plans, I am almost certain to make them work.
- _____ 6. Often there is no chance of protecting my personal interests from bad luck.
- _____ 7. When I get what I want, it's usually because I'm lucky.
- _____ 8. Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.
- _____ 9. How many friends I have depends on how nice a person I am.
- _____ 10. I have often found that what is going to happen will happen.
- _____ 11. My life is chiefly controlled by powerful others.
- _____ 12. Whether or not I get into a car accident is mostly a matter of luck.
- _____ 13. People like myself have very little chance of protecting our personal interests when they conflict with those of strong pressure groups.
- _____ 14. It's not always wise for me to plan too far ahead because many things turn out to be a matter of good or bad fortune.
- _____ 15. Getting what I want requires pleasing those people above me.
- _____ 16. Whether or not I get to be a leader depends on whether I'm lucky enough to be in the right place at the right time.
- _____ 17. If important people were to decide they didn't like me, I probably wouldn't make many friends.
- _____ 18. I can pretty much determine what will happen in my life.
- _____ 19. I am usually able to protect my personal interests.
- _____ 20. Whether or not I get into a car accident depends mostly on the other driver.
- _____ 21. When I get what I want, it's usually because I worked hard for it.
- _____ 22. In order to have my plans work, I make sure that they fit in with the desires of people who have power over me.
- _____ 23. My life is determined by my own actions.
- _____ 24. It's chiefly a matter of fate whether or not I have a few friends or many friends.

(over)



WELLNESS WORKSHEET 7

Occupational Wellness

To the six dimensions of wellness described in your text, some researchers add a seventh: occupational wellness. If you consider the total amount of time you will spend in the workplace over your lifetime, you can see how important occupational wellness is to your sense of well-being. Occupational wellness means that through your work, you gain personal satisfaction, find enrichment and meaning, build useful skills, and contribute to your community. It requires successful time management, stress reduction, and communication and negotiation. The following questions can help you discover more about what occupational wellness means to you and how to achieve it.

Values

In each of the following categories, put a check next to any item that is true for your job or life now and a plus sign in front of any item that you would like to develop more.

Career values: In my occupation, I do (✓); I would like to (+):

- | | | |
|---|--|---|
| <input type="checkbox"/> Create beauty | <input type="checkbox"/> Help people | <input type="checkbox"/> Organize things |
| <input type="checkbox"/> Create ideas | <input type="checkbox"/> Improve society | <input type="checkbox"/> Perform physical tasks |
| <input type="checkbox"/> Experience variety | <input type="checkbox"/> Make things | <input type="checkbox"/> Take responsibility |
| <input type="checkbox"/> Follow directions | <input type="checkbox"/> Manage people | |

Result values: I have (✓); I'd like to have more (+):

- | | | |
|---|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Independence | <input type="checkbox"/> Power |
| <input type="checkbox"/> Beautiful surroundings | <input type="checkbox"/> Leisure time | <input type="checkbox"/> Prestige |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Money | <input type="checkbox"/> Security |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Possessions | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Happiness | | |

Personal qualities: I am (✓); I'd like to be more (+):

- | | | |
|--|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Cooperative | <input type="checkbox"/> Honest/fair |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Courteous | <input type="checkbox"/> Intelligent |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Creative | <input type="checkbox"/> Joyful |
| <input type="checkbox"/> Balanced | <input type="checkbox"/> Decisive | <input type="checkbox"/> Kind |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Disciplined | <input type="checkbox"/> Loving |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Efficient | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Mature |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Famous | <input type="checkbox"/> Neat |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Friendly | <input type="checkbox"/> Needed |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Good-looking | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Conscientious | <input type="checkbox"/> Healthy | <input type="checkbox"/> Peaceful |

(over)