



Date _____

“The Personal Journey” Evaluation

A. As a result of "The Personal Journey"

1. My knowledge of personal well-being has increased.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

2. I plan to do one or more new things to improve my personal well-being.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

3. If you plan to do something new, please describe what it is.

4. Contact information (if you are willing to participate in a brief follow-up evaluation):

- Name: _____
- E-mail address: _____
- Phone number: _____

(OVER)

B. Tell us about you?

1. What is your age?

- 18 years or younger
- Over 18 years

2. I am: (Fill in ONE) Male Female

3. I am Hispanic/Latino: (Fill in ONE) Yes No

4. My race is: (Fill in ONE):

- Black/African-American White
- Native-American Unknown
- Asian-American Bi-racial/Other

5. My highest education level is: (Fill in ONE)

- Not a H.S. graduate Associate Degree Graduate Degree
- H.S. graduate Bachelor's Degree

6. In what state and county do you live? _____