"The Personal Journey" Evaluation

A. As a result of "The Personal Journey"

1. My knowledge of personal well-being has increased.
   - Yes
   - No

2. I plan to do one or more new things to improve my personal well-being.
   - Yes
   - No

3. If you plan to do something new to improve your personal well-being, please briefly describe what it is.
   __________________________________________________
   __________________________________________________
   __________________________________________________

4. Contact information (if you are willing to participate in a brief follow-up evaluation):
   - Name:________________________________
   - E-mail address: _________________________

(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):
   - ○ Amer. Indian/Alaska Native
   - ○ Hawaiian/Pacific Islander
   - ○ Asian
   - ○ White
   - ○ Black/African-American
   - ○ Two or more mixed race/Other

5. In what state and county do you live? ___________________