

## The Wellbeing Effect Self-Assessment

**Instructions:** Rate each of the following statements from 1 to 5: - **1 = Rarely true** - **2 = Occasionally true** - **3 = Sometimes true** - **4 = Often true** - **5 = Always true**

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### Foundational Wellbeing (6 Items)

1. I consistently get enough restful sleep to feel restored.  
Score: \_\_\_\_
2. I eat in a way that supports my long-term health and energy.  
Score: \_\_\_\_
3. I avoid or manage substances like tobacco and alcohol effectively.  
Score: \_\_\_\_
4. I engage in regular physical activity or movement.  
Score: \_\_\_\_
5. I manage my personal finances in a way that supports my peace of mind.  
Score: \_\_\_\_
6. I make time for routine medical check-ups and preventive care.  
Score: \_\_\_\_

**Subtotal (Foundational):** \_\_\_\_ / 30

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### Emotional Wellbeing (6 Items)

1. I regularly check in with my mood and practice mindfulness.  
Score: \_\_\_\_
2. I have techniques that help me shift my mood when needed.  
Score: \_\_\_\_
3. I feel positive about the future and cultivate optimism.  
Score: \_\_\_\_
4. I feel comfortable expressing my emotions constructively.  
Score: \_\_\_\_
5. I regularly practice self-care that helps me recharge emotionally.  
Score: \_\_\_\_

6. I have strong emotional connections and feel supported.

Score: \_\_\_\_

**Subtotal (Emotional):** \_\_\_\_ / 30

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### **Holistic Wellbeing (8 Items)**

1. I feel a sense of purpose that guides my decisions and actions.

Score: \_\_\_\_

2. I reflect on or make sense of the bigger picture of life.

Score: \_\_\_\_

3. I engage in creative or self-expressive activities regularly.

Score: \_\_\_\_

4. I spend time in nature or experience moments of awe.

Score: \_\_\_\_

5. I practice generosity, kindness, or forgiveness regularly.

Score: \_\_\_\_

6. I maintain an open mind toward new ideas and people.

Score: \_\_\_\_

7. I feel connected to something larger than myself.

Score: \_\_\_\_

8. I see connections between different areas of my life.

Score: \_\_\_\_

**Subtotal (Holistic):** \_\_\_\_ / 40

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**Total Score (All Domains):** \_\_\_\_ / 100

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### **Scoring Guide**

- **90-100:** Thriving - Deeply aligned with the wellbeing mindset.
- **70-89:** Flourishing - Doing well with room for growth.
- **50-69:** Building - Making progress. Identify areas to grow.
- **Below 50:** Foundational Reset - Revisit habits and strategies.

**Reflection:** - What are 1–2 areas where you scored highest? - What are 1–2 areas you'd like to improve? - What simple action can you take this week to boost your wellbeing?