|  | Very Poor | |  | |  | |  | | |  | |  | | Excellent Health | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Please circle your level of overall wellbeing. | 1 | 2 | | 3 | | 4 | | 5 | 6 | | 7 | | 8 | | 9 | 10 |

| 2. Please rank the top 3 areas you would like to improve with 1 = the most important and 3 = the least | | |
| --- | --- | --- |
| Purpose & meaning \_\_\_\_\_\_ | Connections \_\_\_\_\_\_ | Sleep \_\_\_\_\_\_ |
| Stress and relaxation \_\_\_\_\_\_ | Movement \_\_\_\_\_\_ | Nutrition \_\_\_\_\_\_ |

For the questions below circle the response that best characterises how you feel about the statement where 1 = Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree

|  | Strongly Disagree | Disagree | Agree | Strongly Agree |
| --- | --- | --- | --- | --- |
| 1. I am the person who is responsible for taking care of my health. | 1 | 2 | 3 | 4 |
| 2. Taking an active role in my own health care is the most important thing that affects my health. | 1 | 2 | 3 | 4 |
| 3. I am confident I can help prevent or reduce problems associated with my health. | 1 | 2 | 3 | 4 |
| 4. I understand my health problems and what causes them. | 1 | 2 | 3 | 4 |
| 5. I am able to maintain lifestyle changes, like healthy eating or exercising. | 1 | 2 | 3 | 4 |
| 6. I am confident in managing stress. | 1 | 2 | 3 | 4 |
| 7. I have a good understanding of the steps I can take to improve the quality of my sleep. | 1 | 2 | 3 | 4 |
| 8. I have a good understanding of what it means to eat well. | 1 | 2 | 3 | 4 |
| 9. I feel part of a support network e.g., community, family/friends, faith, spiritual or social group. | 1 | 2 | 3 | 4 |
| 10. I feel my life has purpose and meaning. | 1 | 2 | 3 | 4 |