

# 360° WELL-BEING ASSESSMENT



Strongly Disagree  
Disagree  
Neutral  
Agree  
Strongly Agree

<i>Indicate the degree to which each statement below applies to you.</i>		1	2	3	4	5
I have enough food, clean water, shelter, and clothes to meet my core survival needs.						
My basic needs for adequate safety and protection are satisfied.						
<b>Secure the Basics</b>	<i>Average of Previous 2 Responses</i>					
I am satisfied with how much movement or exercise I am getting in a typical week.						
I feel good about how healthy I am eating.						
I don't have any concerns about the amount of alcohol or substances I consume.						
<b>Strengthen the Body</b>	<i>Average of Previous 3 Responses</i>					
I feel good about my current levels of stress and anxiety.						
I am content with my ability to access mental and emotional stillness and clarity.						
<b>Train the Mind</b>	<i>Average of Previous 2 Responses</i>					
I am consistent about getting 7 hours or more of sleep a night.						
I feel satisfied with how much downtime I have for relaxation and recovery.						
<b>Relax and Restore</b>	<i>Average of Previous 2 Responses</i>					
I rarely struggle with feeling lonely.						
I am satisfied with how much time I spend connecting with friends/family and the depth of our connections.						
I am happy with my level of connection with my community.						
I spend enough quality time in nature.						
<b>Build Connection</b>	<i>Average of Previous 4 Responses</i>					
I feel good about who I am and comfortable being my authentic self.						
I am happy with how much I get to exercise my creativity.						
I feel good about how much fun or play I have in life.						
<b>Self-Express</b>	<i>Average of Previous 3 Responses</i>					
I am satisfied with my current professional situation.						
My current professional situation meets my need for autonomy.						
My current professional situation meets my need for creativity.						
My current professional situation meets my need for developing a sense of mastery.						
My current professional situation meets my need for meaning / purpose.						
I am happy with the quality of my professional relationships.						
<b>Foster Vocation</b>	<i>Average of Previous 6 Responses</i>					
I am satisfied with the health of my finances.						
<b>Realize Financial Comfort</b>	<i>Score for Previous Response</i>					
My life as a whole has a strong sense of meaning / purpose.						
I feel content with the contributions I am making in my life.						
I am satisfied with how much love I have in my life.						
I consistently feel grateful for what I have in life.						
I take time to just "be" without needing to "do."						
<b>Feed Your Spirit</b>	<i>Average of Previous 5 Responses</i>					