

Wellbeing Questions

1. My sleep is generally:

1 – Insufficient and disrupted / 10 – Sufficient and good quality

2. Generally I feel:

1 – Highly anxious / 10 – Very peaceful

3. Generally, in my relationships:

1 – I am experiencing brokenness and pain / 10 – I am experiencing health and strength

4. My sense of purpose and fulfilment is:

1 – Non-existent / 10 – Very strong

5. My diet is consistently:

1 – Very unhealthy / 10 – Healthy all the time

6. I generally feel:

1 – Very stressed, angry, low / 10 – I generally cope well with my emotions

7. When it comes to prayer as a part of my life:

1 – I never pray / 10 – I pray daily

8. In general, I currently feel:

1 – Very unloved and undervalued / 10 – Very loved and valued by others

9. When it comes to my education, I feel:

1 – Very uncertain and unstable / 10 – Very secure and settled

10. My general fitness level is:

1 – Unfit and inactive / 10 – Fit and active

11. When it comes to talking about my feelings:

1 – I am unable to talk about them / 10 – I am able to talk about them

12. I would describe my faith in God as:

1 – Non-existent / 10 – An essential part of my life

13. When it comes to my relationships:

1 – I feel very alone / 10 – I have a sense of belonging among a group of people who look out for me

14. I would describe the balance of my studies and life as:

1 – Very unhealthy / 10 – Very healthy

15. I would describe my sense of life satisfaction as:

1 – Very low / 10 – Very high