



# Wellbeing Questionnaire

Reflect on each wellbeing dimension below and score how satisfied\* you are in that area of your life. Next, tick the Focus Area box for any wellbeing dimension that you'd like to prioritise.



Name: _____		Date: / /		Satisfaction 1 = Very Unsatisfied 10 = Very Satisfied	Focus Area? ✓	Notes
<b>Self</b>	Mind Management					
	Body Management					
	Emotion Management					
	Energy Management					
	Self Love					
<b>Social</b>	Partner					
	Children					
	Extended Family					
	Friends					
	Professional Support Network					
<b>The Big Picture</b>	Community					
	Contribution (Vocation & Purpose)					
	Spirituality					
<b>Environmental</b>	Place - Home					
	Nature					
	Finances					

\*Satisfaction often reflects how 'in alignment' an area of your life is with your true self and what's best for you.  
Alignment = Joy, peace & fulfilment

