

Please rate each statement on a scale of 1 to 5, with 1 being strongly disagree and 5 being strongly agree.

Mental Health and Emotional Well-being

1. I generally feel emotionally stable. __
2. I have healthy coping mechanisms for stress. __
3. I understand and can manage my emotions effectively. __

Desires and Life Goals

1. I have a clear sense of what I want to achieve in life. __
2. I am actively working towards my life goals. __
3. I feel fulfilled by my current life path. __

Self-Worth and Self-Identity

1. I have a positive self-image and self-esteem. __
2. I believe in my own worth and value. __
3. I embrace and accept who I am. __

Faith and Spirituality

1. My faith or spirituality plays a meaningful role in my life. __
2. I find comfort and guidance in my faith/spirituality. __
3. My faith helps me navigate life's challenges. __

Understanding of Stress and Decision Making

1. I understand the physical and mental effects of stress. __
2. I make sound decisions even under pressure. __
3. I can manage and reduce stress effectively. __

Forgiveness

1. I am capable of forgiving myself and others. __
2. I understand the importance of forgiveness in healing. __
3. I actively practice forgiveness in my life. __

Courage to Pursue Dreams

1. I am willing to take risks to pursue my dreams. __
2. I believe in my ability to achieve my dreams. __
3. I am actively working towards my dreams. __

Understanding of Trauma

1. I have a basic understanding of what trauma is. __
2. I recognize if I have experienced trauma in my life. __
3. I seek help and support to heal from past traumas. __

Overall View on Life

1. I generally have a positive outlook on life. __
2. I see challenges as opportunities for growth. __
3. I am hopeful about my future. __

Managing Life's Difficulties

1. I have effective strategies for coping with life's difficulties. __
2. I actively seek help and support when needed. __
3. I am resilient in the face of adversity. __

PURPOSE 2 FLOURISH

my Wheel of Life

Wheel of Life

assessment

Instructions:

- Rate Your Satisfaction: On a scale of 1 to 5, with 1 being very dissatisfied and 5 being extremely satisfied, rate your level of satisfaction in each area of your life right now.
- After rating each area, connect the dots around the circle to create your Wheel of Life. The resulting shape will give you an overall view of your life balance.
- Repeat Later: Complete this assessment again at the end of the course to see how your scores and your Wheel of Life have changed.

Let's explore the areas on the Wheel of Life:

Physical Health: Your physical well-being, including exercise, nutrition, and overall health.

Psychological (Mental Health): Your emotional and mental well-being, including stress management and resilience.

Personal & Spiritual Growth: Your connection to your faith or spirituality, and your sense of purpose. Your commitment to learning and personal development.

Social (Relationships): The quality of your relationships with family, friends, and significant others.

Occupation (Career/Study): Your satisfaction with your current career or academic pursuits.

Financial: Your financial stability: budgeting and financial goals.

Recreation: The time you dedicate to enjoyable activities and hobbies.

Environment/Community Involvement: Your engagement with your community, volunteering, or social activities.

Reflect on your overall satisfaction with your life as a whole.

By completing this assessment at the beginning and end of your course, you can visually track your progress and identify areas of improvement. It's a valuable tool for self-reflection and goal setting.

