

Core Areas of Life

Assessment for Wellbeing

Core Areas of Life	Score	What is important to you? What is lacking? What are your needs?
Physical Health	Low Okay Good	
Sleep		Are you getting enough quality sleep?
Nutrition		Are you eating regular meals? Is your diet balanced?
Exercise		Are you getting enough exercise?
Illness		Do you have any health concerns? Are you experiencing pain or discomfort?
Safety & Security	Low Okay Good	
Housing		Do you have somewhere safe and secure to live?
Financial Security		Do you have enough money to meet your needs?
Physical & Emotional Safety		Are you experiencing any physical harm or emotional abuse?
Self-Esteem, Identity & Autonomy	Low Okay Good	
Self-worth		Do you like yourself? Do you value yourself?
Self-acceptance		Do you love and accept yourself the way you are? Do you feel you are enough?
Identity		Are you aware of your personality, feelings, values and beliefs? Are you living your life in accordance with who you are?
Agency		Do you have the ability to make your own choices and have control in your life? Can you influence situations or do you feel powerless?
Connection & Relationships	Low Okay Good	
Love/Intimacy/Romantic Relationships		Are you in a relationship? Is it satisfying?
Friendships		Do you have friends? Are your friendships based on mutual respect?
Family		Do you have a supportive family?
Community		Do you belong to any groups with similar interests, values and needs?
Spirituality/Religion		Do you attend a place of worship? Do you have a connection with a Higher Power?
Purpose and Meaning	Low Okay Good	
Work/Career		Are you working? Do you feel useful? Is it satisfying?
Education/Learning		Are you happy with your education? Are you learning and growing?
Accomplishment		Have you achieved your goals in life? Are you working towards them?
Leisure	Low Okay Good	
Recreation/Entertainment		Are you making time to unwind, relax and enjoy recreational activities?

Any section with a low score will indicate a cause of unhappiness.