

**Core Areas of Life**  
**Assessment for Wellbeing**

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

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