

Well-Being Survey

1. In general, to what extent do you lead a purposeful and meaningful life?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Completely

2. How much of the time do you feel you are making progress towards accomplishing your goals?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

3. How often do you become absorbed in what you are doing?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

4. In general, how often do you feel joyful?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

5. To what extent do you receive help and support from others when you need it?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

6. In general, how often do you feel anxious?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

7. How often do you achieve the important goals you have set for yourself?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

8. In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Always

9. In general, how often do you feel positive?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

10. In general, to what extent do you feel excited and interested in things?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

11. In general, how often do you feel angry?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

12. To what extent have you been feeling loved?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Always

13. How often are you able to handle your responsibilities?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

14. To what extent do you generally feel you have a sense of direction in your life?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Always

15. How satisfied are you with your personal relationships?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Always

16. In general, how often do you feel sad?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

17. How often do you lose track of time while doing something you enjoy?

Never 0 1 2 3 4 5 6 7 8 9 10 Always

18. In general, to what extent do you feel contented?

Not at all 0 1 2 3 4 5 6 7 8 9 10 Always

Add up the total for each of the three questions for following:

_____ Positive Emotions (4, 9, 18)

_____ Engagement (3, 10, 17)

_____ Relationships (5, 12, 15)

_____ Meaning (1, 8, 14)

_____ Accomplishment (2, 7, 13)

_____ Negative Emotions (6, 11, 16)

Level of Well-Being	Range for Positive Emotions, Engagement, Relationships, Meaning, Accomplishment	Range for Negative Emotions
Very high	27-30	0-3
High	24-26	4-9
Average	20-23	10-15
Low	15-19	16-19
Very low	0-14	20-30