

## WELLBEING SELF-ASSESSMENT

Complete this self-assessment form to rate how you feel about different areas of your life.  
Circle the emoji that best describes your feelings. You don't need to share this with anyone.

Q1) How do you feel about your relationships with friends?



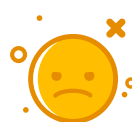
Q2) How do you feel about your relationships with your family?



Q3) How do you feel about school?



Q4) How confident do you feel about yourself and your abilities?



Q5) How would you rate your energy levels?



Q6) How well do you deal with problems when they happen?



Is there anything you could change immediately to improve your current wellbeing?

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