

# Wellbeing Questionnaire

Tick below the statements that describe your experiences in the last week

Statements	Never	Not often	Sometimes	Frequent	All the time
I feel good about myself					
I am looking forward to the future					
My energy levels are high					
My stress levels are low					
I am interested in things					
I feel love for others					
I feel loved by others					
I feel a sense of purpose					
I feel connected to others					
I want to help people and contribute					
I can solve problems well					
My thinking is calm and clear					
My relationships are healthy					
I can deal well with unexpected difficulties					