



Welcome to the Well-Being Quiz! Take a moment to reflect on your feelings and experiences. Rate each statement on a scale from 1 to 10, where 1 is the lowest and 10 is the highest. Be honest with yourself, and let's explore different aspects of your well-being:

1. I feel good about myself. (Self-worth)
2. I think positively. (Positive thinking)
3. I can calm myself down after an upsetting experience. (Resilience)
4. I stay present in every moment. (Mindfulness)
5. I believe that my life has meaning and purpose. (Meaning or purpose)
6. I enjoy doing things that benefit others. (Kindness)
7. I am happy. (Happiness)
8. I have meaningful relationships with others. (Relationship satisfaction)
9. I like my life. (Life satisfaction)
10. I am often stressed. (Stress - high scores are worse)

Take your time and provide your ratings. Afterward, we can discuss your results and explore ways to enhance your well-being.