

Mwah. Wellbeing Survey

Wellbeing can be defined as: *a state in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community.*

The mwah. Wellbeing Survey is designed to measure your general wellbeing. It's important to remember that, how you feel about your wellbeing will fluctuate over-time and it's important to periodically check-in.

Please circle the response that best describes your current feelings about each question:

No.	Question:	Response:	Score:
1.	I feel optimistic about the future.	a) Yes b) Sometimes c) No	
2.	I've been dealing all with my problems well.	a) Yes b) Sometimes c) No	
3.	I feel in control of my life and can make up my own mind.	a) Yes b) Sometimes c) No	
4.	I feel close to those around me. (Work, community and home)	a) Yes b) Sometimes c) No	
5.	I feel useful most of the time.	a) Yes b) Sometimes c) No	
6.	I'm interested in trying new things.	a) Yes b) Sometimes c) No	
7.	I exercise at least 2-3 times a week.	a) Yes b) Sometimes c) No	
8.	I generally have energy to spare.	a) Yes b) Sometimes c) No	
Overall Wellbeing Score:			

To calculate your overall wellbeing score add up the reflective number for each response selected:

- a) 3
- b) 2
- c) 1

You will end up with a score between 8 and 24.

Scoring Ratings

Low Wellbeing: 8-12

If you have a low wellbeing score, I'm sure it won't come as a surprise! Remember that, wellbeing is situational and not a reflection on your personality. You should consider what is happening in your life and what you can do differently.

Average Wellbeing: 13-19

We expect that most people will sit within the average wellbeing range. You should consider the 'gainers and drainers' of your wellbeing, are there any consistent themes and what can you improve?

High Wellbeing: 20-24

Having high wellbeing is an excellent place to be! You should consider what factors contribute to your sense of high wellbeing and make sure they remain a prominent part of your life.