For each statement determine whether you:

Strongly agree 5

Agree 4

Neutral 3

Disagree 2

Strongly Disagree 1

Physical health is important to me \_\_\_\_ I am satisfied with the state of my health \_\_\_\_

My attitude impacts my outcome \_\_\_\_ I find the positive in every situation \_\_\_\_

I need external praise to feel successful \_\_\_\_ I feel supported in my pursuits \_\_\_\_

I prefer to be the decision maker \_\_\_\_ I am making most of the decisions in my life \_\_\_\_

I need to be heard and validated \_\_\_\_ I have a safe environment to express ideas \_\_\_\_

Financial stability is a must \_\_\_\_ I am comfortable with my financial situation \_\_\_\_

I need time to do my own thing \_\_\_\_ I take time to renew my spirit \_\_\_\_

I value solid friendships \_\_\_\_ I have enough high-quality friendships \_\_\_\_

Making contributions fuels my motivation \_\_\_\_ I feel like a valuable member at home \_\_\_\_

I feel like a valuable member at work \_\_\_\_

Defined purpose enables me to thrive \_\_\_ I recognize my purpose \_\_\_\_

I perform better when I feel good \_\_\_\_ I take time for self-care \_\_\_\_

I prefer to be in a nurturing relationship \_\_\_\_ I have a positive partner in my life \_\_\_\_

I function well when I am at peace \_\_\_\_ I am able to let go of what I cannot control \_\_\_\_

I get bored if I am not challenged \_\_\_\_ I have avenues toward growth \_\_\_\_

I need everything to be perfect \_\_\_\_ I do the best I can with what I’ve got \_\_\_\_

I easily adapt to change \_\_\_\_ I have resources to reach out to for help \_\_\_\_

I utilize stress management tools effectively\_\_\_\_ I am always stressed out \_\_\_\_

I measure success by material assets \_\_\_\_ I am pleased with the pace of my results \_\_\_\_