



MY LIFE, RIGHT NOW

- This self-assessment questionnaire is for YOU – you don't need to put your name on it and you will not have to show it to the workshop leader, another student or a member of staff.
- Answer each question, writing down how you feel on a scale of 1 to 10 – the following ratings bar is included on each page:

Never	Sometimes		Half of the Time			Mostly		Always		
0	1	2	3	4	5	6	7	8	9	10

- Answer instinctively - Spend only a few seconds on each question.
- Answer honestly – don't cheat yourself!
- Some of the answers you give may surprise you – that's normal.
- If you have to, come back to a question later or ask for clarification.

Remember - there are no right or wrong answers.

Respond to the following rating the statements between 0-10 as follows.

Never		Sometimes		Half of the Time			Mostly		Always	
0	1	2	3	4	5	6	7	8	9	10

My Emotional Life

How I take care of my emotional well being.

1. I feel good about the support I get from others. _____
2. I feel good that things going on in my personal life rarely interfere with my concentration at school/college or work. _____
3. I am satisfied with the amount of time I spend with the important people in my life. _____
4. I am satisfied with the honest conversations I am able to have with my family and others who are important to me. _____
5. I am satisfied with the impact my use/or non-use of drugs and alcohol has on my relationships with my friends and family. _____
6. When conflict with family and friends arises, I am able to resolve conflict in a productive way. _____
7. I avoid using alcohol, other drugs, and addictive behaviours to deal with my emotions. _____
8. I have a solid and healthy sense of confidence in myself. _____
9. I know the early warning signs of depression and anxiety and would feel comfortable seeking help from a trusted someone when needed. _____
10. I feel good about the amount of time I use for healthy, fun activities. _____
11. I am confident the amount of time I spend using to technology such as video games, TV, social media and my phone is good for my overall well being. _____
12. I frequently have fun where alcohol and other drugs are not present. _____
13. I can enjoy time on my own without the use of technology. _____

My Physical Life

How I build healthy habits and practices regarding my physical well being.

14. The choices I make about what I eat and drink are healthy. _____
15. I am satisfied with the amount of exercise I get on a regular basis. _____
16. I determine what is right for me, in terms of weight and appearance, rather than letting my peers or the culture determine that for me. _____
17. I go to the doctor and dentist for regular check-ups _____
18. On a regular basis I get enough rest (including sleep) to energize myself. _____
19. I am proud of the amount of respect I pay to my body overall. _____

Never		Sometimes		Half of the Time			Mostly		Always	
0	1	2	3	4	5	6	7	8	9	10

My Organised Life

My ability to keep track of and make good use of possessions, money and time.

20. I feel good about how I spend and keep track of my money. _____
21. I am always on time for school/college, work, and other commitments. _____
22. I am happy with the way I organise my priorities, making sure I have enough time to dedicate to all the different aspects of my life. _____
23. I feel I am (or am becoming) responsible for myself e.g. doing a share of tasks at home, make and keep appointments, keep track of important papers. _____
24. I am personally happy with my current performance at school/college or work. _____
25. I am confident that my use of social media, the internet, and video games has no negative impact on my learning at school/college or work performance. _____
26. I am satisfied with the way I pay attention, participate, and prepare myself for my lessons, volunteer work, or job. _____
27. I set realistic goals for myself. _____

My Relationship with The World

My ability to balance work and play, and feel connected with the world around me.

28. I am pleased with what I give back to others e.g. my family, community or wider world. _____
29. I am involved in an activity/activities that really matter to me. _____
30. I seek forgiveness from family and friends when I have hurt them. _____
31. I have activities that I do regularly to centre myself and to gain perspective e.g. writing down thoughts, meditation, physical exercise. _____
32. I feel good about the people with whom I spend my free time. _____
33. I feel part of a community. _____
34. The way I live my life is consistent with my values. _____
35. I am truly thankful for the good things in my life. _____
36. Those who know me well would say that I am a good and trusted friend. _____
37. I forgive others and I forgive myself. _____
38. I feel good about the amount of trust, respect, and honesty that exists in all of my relationships, including dating relationships, if applicable. _____
39. When someone I care about is upset I am comfortable listening to them. _____
40. People who know me would say I handle my emotions in a healthy way. _____