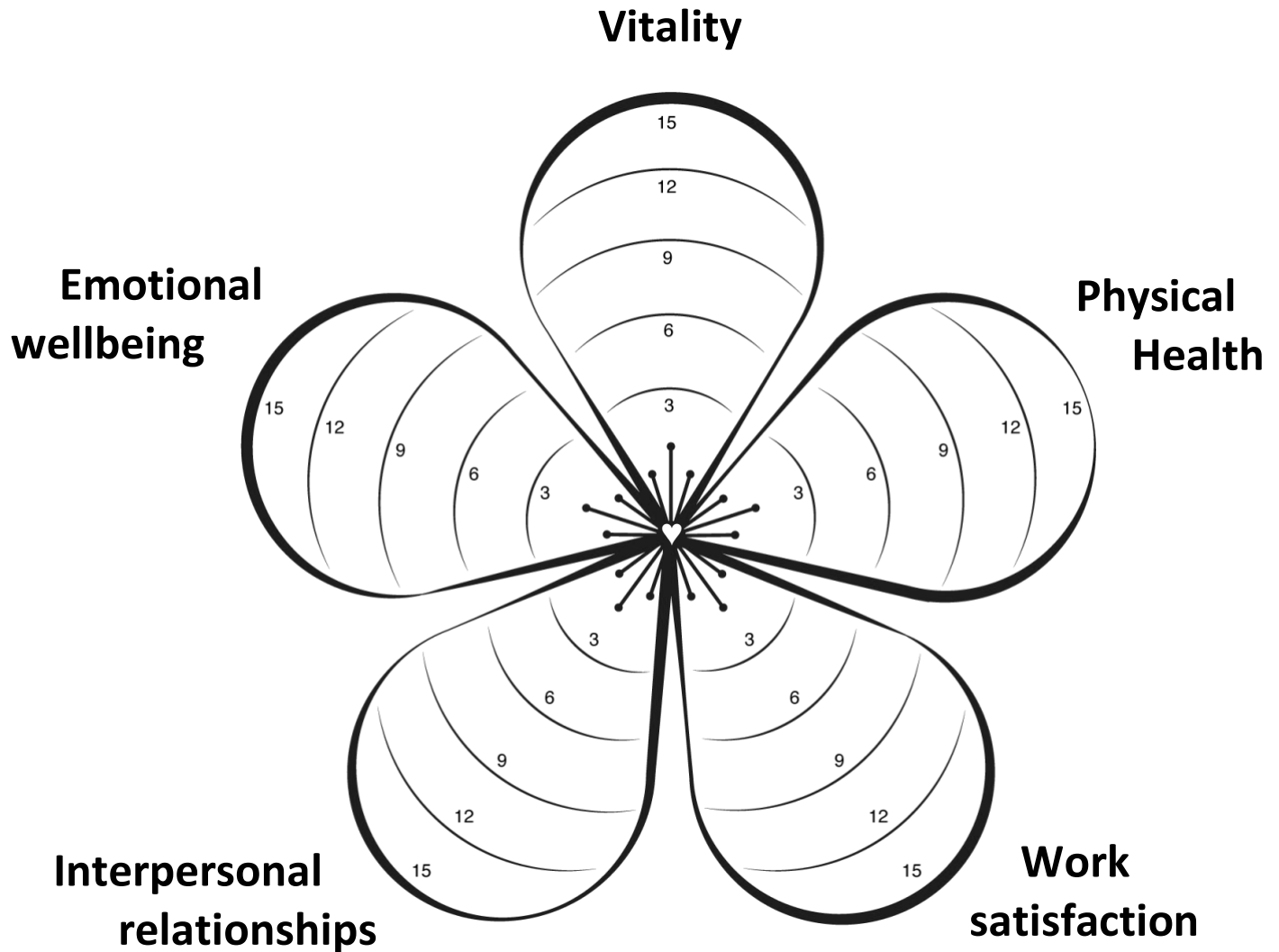


Flower of perception of well-being

Name: Date:



See the following page for orienting questions about your situation during the last 2 weeks. Count the points of each of the five items, and color de flower petal from the inside till the level of the points. Then you can see which areas need attention in order to blossom.

0 - 3 = very deficient 4 - 6 = deficient 7 - 9 = regular 10 - 12 = good 13 - 15 = optimal

My primary area(s) of focus for the next two weeks are:

Name: Date:

Please answer the following questions and place the corresponding value after each question in relationship to your **situation during the last 2 weeks.**

Always = 3 points / Frequently = 2 points / Rarely = 1 point / Never = 0 points.

Vitality

- 1. My energy level is sufficient for all my normal daily activities.
- 2. I have enough energy available to be able to react adequately in stressful situations.
- 3. I feel that my sleep is restful and I wake up in the morning feeling rested and energized.
- 4. I take a few conscious moments to relax several times a day.
- 5. I manage my time well enough that I can do activities that I enjoy.

TOTAL = pts

Physical Health

- 1. I am free of muscle tension.
- 2. I exercise at least three times a week.
- 3. My medical tests (like blood tests, blood pressure, weight) are normal.
- 4. I am free of infections and inflammatory processes (colds, irritable bowel, UTI, etc.).
- 5. The foods I eat generally are beneficial to my health.

TOTAL = pts

Work Satisfaction

- 1. I feel motivated with the work I do.
- 2. I feel valued at my workplace.
- 3. I feel effective solving complex situations that arise at my workplace.
- 4. I have opportunities to grow and learn new things through my work.
- 5. I feel that the work I do is relevant and meaningful.

TOTAL = pts

Interpersonal Relationships

- 1. I can stay calm when other people are stressed or upset.
- 2. I keep a balance between giving and receiving.
- 3. I can share my views in a calm and assertive manner.
- 4. I can set boundaries and say "no" when asked for favors I don't want to do.
- 5. I have people in my life with whom I can share my concerns.

TOTAL = pts

Emotional Wellbeing

- 1. I am free of symptoms of anxiety and depression.
- 2. I find it easy to calm down after an emotional shock.
- 3. I can live in the moment without recurring thoughts about events from the past.
- 4. I keep my peace of mind when I think about people who have hurt me.
- 5. I am at peace with myself and feel generally happy with my life.

TOTAL = pts

My main challenge at the moment is:

I intend to focus the next 2 weeks on:

