








# My Personal Wellbeing Test

Thinking of how you have been feeling in the past week, rate yourself on a scale from 1 (lowest) – 10 (highest) against the following domains of wellbeing



|  | MY SCORE<br>< 1 -10 >      | ✓ AREAS I WILL<br>FOCUS ON<br>(A SCORE OF < 5 ) |
|--|----------------------------|---|
|  MENTAL            |                            |   |
|  ACADEMIC & CAREER |                            |   |
|  PHYSICAL          |                            |   |
|  SOCIAL            |                            |   |
|  ENVIRONMENTAL     |                            |   |
|  FINANCIAL         |                            |   |
|  SPIRITUAL       |                            |   |
| <b>OVERALL SCORE TOTAL</b>   | <u>      </u><br><b>70</b> |   |

Scoring : If your overall score was < 25 – your score is low. You can still improve your wellbeing by taking action. You might want to discuss your results with your GP.  
 If your score was between 26 – 55– your score is average. Most people score between 38 -45. You can still improve your wellbeing by taking action.  
 If your score was between 55 – 70 - your score is above average. Remember to keep a balance in all the domains to maintain your wellbeing.