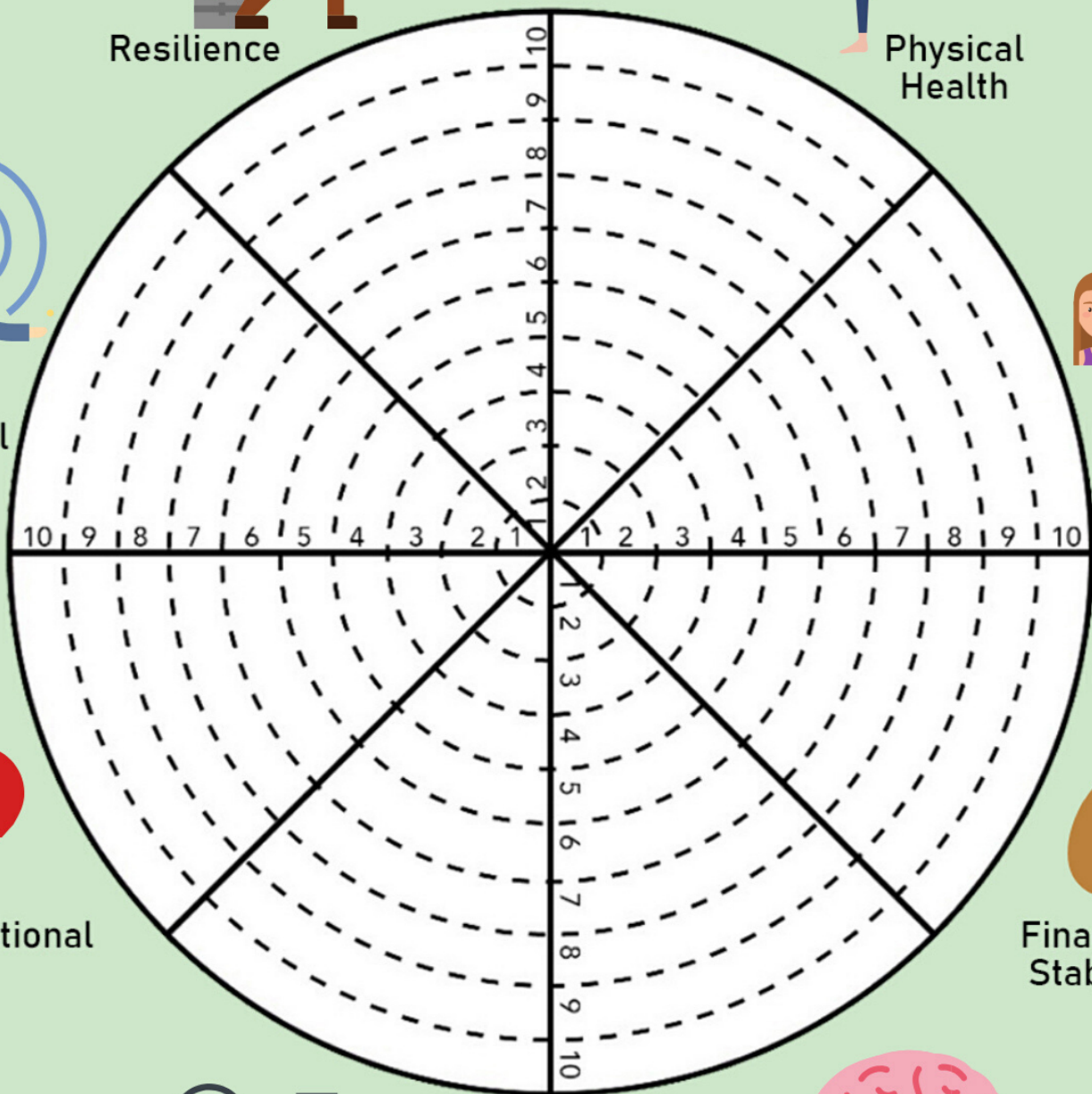
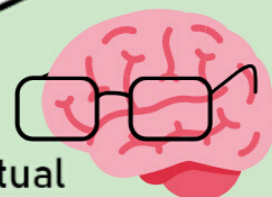


Colour each important aspect of your life

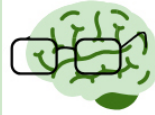
With 10 being extremely satisfied and 1 being not satisfied at all.



What are you doing for each aspect of your life?



Resilience



Intellectual



Physical
Health



Life
Purpose



Family &
Friends



Emotional



Financial
Stability



Spiritual