

Tō Tātou Anga Whaiora [Our Wellbeing Framework]

Please rate the following statements from 1 (strongly disagree) to 5 (strongly agree). Not at all Mostly

Spiritual Wellbeing – Self Purpose & Meaning	1	2	3	4	5
I stand strong in my own place:					
I understand my purpose in life:					
I am energised by my inner strength:					
I recognise my own unique potential:					
I am my own person:					
Any other thoughts?					

Mental & Emotional Wellbeing – Potential & Learning	1	2	3	4	5
I notice the world around me:					
I listen to understand and learn from others:					
I can adapt to change in my life:					
I am confident in expressing my thoughts and feelings:					
I embrace difference in myself and others					
Any other thoughts?					

Social Wellbeing – People & Community	1	2	3	4	5
I have a strong relationship with people that matter to me:					
I try to engage with people who can make a difference:					
I feel confident in my ability to build new relationships:					
I make a difference in the communities I belong to:					
I put others first:					
Any other thoughts?					

Occupational Wellbeing – Participation & Contribution	1	2	3	4	5
I am satisfied with my achievements:					
I make meaningful and positive contribution to my community:					
I am confident and assured in my life-roles:					
I am valued and acknowledged for who I am and what I do:					
I am engaged in activities that have meaning for me:					
Any other thoughts?					

Situational Wellbeing – Quality of Life	1	2	3	4	5
I am in good physical health:					
I am in a good space and feeling positive about my future:					
I am enjoying an appropriate standard of living:					
I feel positive about my living environment (physical and natural):					
I am satisfied with my life:					
Any other thoughts?					

