



Mental and Emotional Wellbeing Audit

Answer all questions with a number between one and ten (1 is low and 10 high)

If zero is a negative mindset and 10 a positive mindset where would you currently place yourself on the scale?

How would you rate your overall resilience?

1 2 3 4 5 6 7 8 9 10

How much joy / happiness would you expect to feel on a good day?

1 2 3 4 5 6 7 8 9 10

How much stress would you expect to feel on a good day?

1 2 3 4 5 6 7 8 9 10

How much joy / happiness would you expect to feel on a bad day?

1 2 3 4 5 6 7 8 9 10

How much stress would you expect to feel on a bad day?

1 2 3 4 5 6 7 8 9 10

How much anger or frustration are you likely to suffer from on a bad day?

1 2 3 4 5 6 7 8 9 10

How much sadness would you expect to feel on a bad day?

1 2 3 4 5 6 7 8 9 10

How many days would be good days on an average 10 day period?

1 2 3 4 5 6 7 8 9 10

Where 0 is negative and 10 is positive how do you feel about your personal life?

1 2 3 4 5 6 7 8 9 10

Where 0 is negative and 10 is positive how do you feel about your professional life?

1 2 3 4 5 6 7 8 9 10



How would you rate your ability to connect and to feel empathy?

1 2 3 4 5 6 7 8 9 10

How likely are you to spot an opportunity?

1 2 3 4 5 6 7 8 9 10

How would you rate your general level of energy?

1 2 3 4 5 6 7 8 9 10

How well do you sleep?

1 2 3 4 5 6 7 8 9 10

Focus for a moment on the most significant relationship in your life - how much joy does this relationship give you?

1 2 3 4 5 6 7 8 9 10

How much stress or anguish does this relationship give you?

1 2 3 4 5 6 7 8 9 10

How would you rate your ability to support others who need your help?

1 2 3 4 5 6 7 8 9 10

How would you rate your ability to cope in a crisis?

1 2 3 4 5 6 7 8 9 10

How would you rate your work-life balance?

1 2 3 4 5 6 7 8 9 10

How would you rate your ability to embrace change?

1 2 3 4 5 6 7 8 9 10

How many healthy coping mechanisms do you have? Now list these

How many unhealthy coping mechanisms do you have? Now list these

How would you rate your ability to use creative or imaginative thinking?

1 2 3 4 5 6 7 8 9 10



How would you rate your ability to relax?

1 2 3 4 5 6 7 8 9 10

How likely do you think you are to achieve your potential?

1 2 3 4 5 6 7 8 9 10

How able are you to manage your emotions?

1 2 3 4 5 6 7 8 9 10

How would you rate your level of confidence?

1 2 3 4 5 6 7 8 9 10

How would you rate your communication skills?

1 2 3 4 5 6 7 8 9 10

How would you rate your ability to prioritise urgent tasks?

1 2 3 4 5 6 7 8 9 10

How good are you at accepting the things that are out of your control?

1 2 3 4 5 6 7 8 9 10

How motivated are you to make the necessary change to achieve your potential?

1 2 3 4 5 6 7 8 9 10

How easy is it for you to turn off your phone and notifications at least two hours before you go to sleep?

1 2 3 4 5 6 7 8 9 10

Have a look at your answers:

How accurate do you think they are?

Is there anything that you notice, or had not expected?

What would you identify as the areas to work on first?