

Your Well-Being Baseline

ABOUT 10 MINUTES · REPEAT EVERY FEW MONTHS

Rate each statement from **0** (not at all true of me) to **10** (completely true of me), based on the **past month**. Write your score in the box. Then add them up for a total out of 100, and date the page.

Scoring scale: 0 = not at all true of me · 5 = somewhat true · 10 = completely true of me

0 — not at all

5 — somewhat

10 — completely

1 Overall, I am satisfied with my life as a whole.

2 I usually feel happy in my day-to-day experience.

3 My physical health allows me to do the things I want to do.

4 My mental and emotional state is generally good.

5 My life has a clear sense of meaning and purpose.

6 I am the kind of person I want to be; I act in line with my values.

7 I am content with my friendships and relationships.

8 My relationships are as satisfying as I would want them to be.

9 I rarely worry about being able to meet normal monthly living expenses.

10 I rarely worry about safety, food, or housing.

MY TOTAL

____ / 100

Date completed: _____

What your score means. These ten items mirror the six domains used by the largest flourishing studies in the world — happiness, health, meaning, character, relationships, and financial stability — so your strengths and gaps here map directly onto the parts of the book. There is no pass mark: the point is your own *starting line*. Note which statements you scored lowest; those areas are where the book will repay you fastest. Redo this worksheet every few months and compare — people who measure are the people who continue.

Want a validated version? Search online for the free "Flourishing Measure" (Harvard Human Flourishing Program) or the "Satisfaction with Life Scale."