



GENERAL WELL BEING ASSESSMENT

counsel • self-study • teaching • cell group • life

Name (who answers are about)

Name (answers given by -if different)

Date

DIRECTIONS: Answer the following questions giving an honest assessment of yourself or the person to whom the answers apply. Feel free to add explanatory comments.

	Strongly Disagree	Strongly Agree
1. I am happy with my life	1	2 3 4 5 6 7 8 9 10
2. I am happy in my marriage (if applicable)	1	2 3 4 5 6 7 8 9 10
3. I have a close personal relationship with God	1	2 3 4 5 6 7 8 9 10
4. I am not depressed	1	2 3 4 5 6 7 8 9 10
5. I am not anxious	1	2 3 4 5 6 7 8 9 10
6. I do not struggle with anger	1	2 3 4 5 6 7 8 9 10
7. I am satisfied in my work	1	2 3 4 5 6 7 8 9 10
8. I have good friends with whom I am close	1	2 3 4 5 6 7 8 9 10
9. I do not abuse alcohol, drugs, or other substances	1	2 3 4 5 6 7 8 9 10
10. I do not use pornography	1	2 3 4 5 6 7 8 9 10
11. I am joyful	1	2 3 4 5 6 7 8 9 10
12. I am actively involved in a local church	1	2 3 4 5 6 7 8 9 10
13. I have several activities I enjoy during my free time	1	2 3 4 5 6 7 8 9 10
14. I am respected at work	1	2 3 4 5 6 7 8 9 10
15. I look for opportunities to grow spiritually	1	2 3 4 5 6 7 8 9 10
16. I am not in financial debt	1	2 3 4 5 6 7 8 9 10
17. I am in good health	1	2 3 4 5 6 7 8 9 10
18. I see my life as a gift from God	1	2 3 4 5 6 7 8 9 10
19. I look forward to each day	1	2 3 4 5 6 7 8 9 10
20. I am at peace	1	2 3 4 5 6 7 8 9 10
21. I believe my life has meaning and purpose	1	2 3 4 5 6 7 8 9 10
22. My chief aim in life is to glorify God and enjoy Him forever	1	2 3 4 5 6 7 8 9 10