



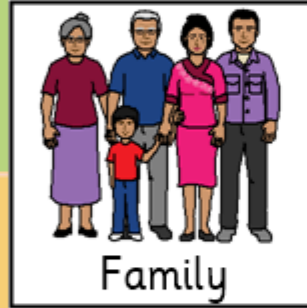
How I feel I am doing



Going Well



Work



Family



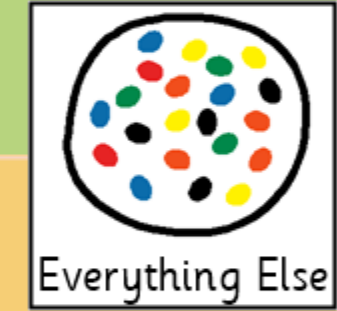
Health



Social Life



Household Responsibilities



Everything Else



OK



Out of Control



Finances



Fitness and Diet

Sometimes I feel that my life looks like this.

When my life looks like this I feel good about myself.

I feel as though I have things under control.

Although there are still things I might worry about, on the whole I feel good about life.





How I feel I am doing



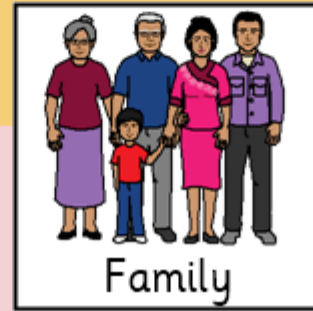
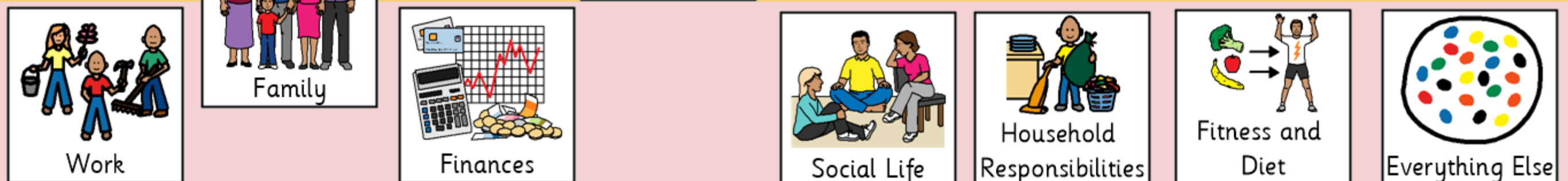
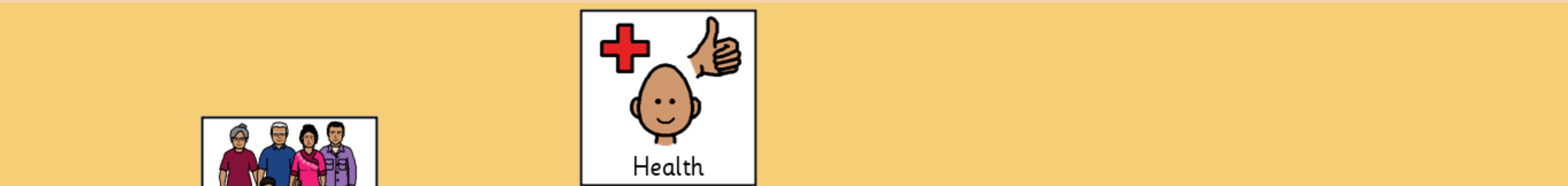
Going Well



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Out of Control



Family



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Social Life



Household Responsibilities



Fitness and Diet



Everything Else

Sometimes I feel that my life looks like this.

When my life looks like this I overwhelmed and stressed.

I may appear grumpy or cranky.

Sometimes it is easier for me to be grumpy than to be happy.

To make myself feel better, I need to take control of at least one aspect of life.





How I feel I am doing



Going Well

School

Family

social media

Health

Friendships

Chores

Fitness and Diet

hobbies

Everything Else

OK

Out of Control

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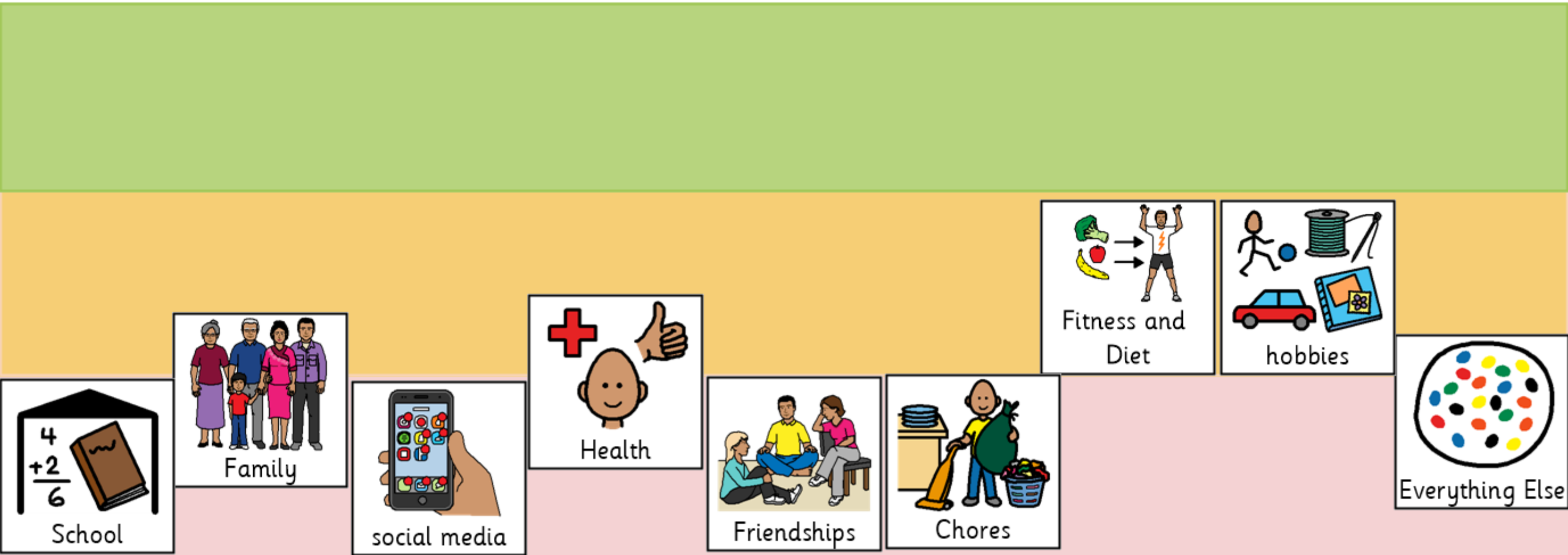
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