

SITUATIONS AND ENVIRONMENTS

Your Personal Environment

How do you feel about ...	Impact on Wellbeing Level			
	Bad Impact	Poor Impact	Good Impact	Neutral
... reading, and do you get sufficient chance to read what you most enjoy?				
... listening to music and can you listen to the music you most enjoy?				
... sports and activities and do you get chance to practice them?				
... making decisions (do you prefer to have choices or do you prefer to be told?)				
... religion, philosophy, values and ethics and can you live your preferred way of life?				
... the quality of your home environment (comfort, lighting, warmth, decoration, size etc)?				
... the degree of flexibility you have (or do you prefer to be given a schedule)?				

SITUATIONS AND ENVIRONMENTS

Your Personal Environment

How do you feel about ...	Impact on Wellbeing Level			
	Bad Impact	Poor Impact	Good Impact	Neutral
... the quality of your financial situation?				
... your hobbies and past-times and do you get chance to practice them?				
... the quality of your work environment (light, noise, interaction with people, breaks, facilities etc?)				
... leisure time. Do you get to do the things you enjoy doing to relax?				
... being indoors and being outdoors; and is the balance right between the two?				
... your timetable. Do you get to choose or are you told? What do you prefer?				
... How you are given instructions. Do you have input and choices or are you told? Which do you prefer?				

SITUATIONS AND ENVIRONMENTS

Your Personal Environment

How do you feel about ...	Impact on Wellbeing Level			
	Bad Impact	Poor Impact	Good Impact	Neutral
... your family; and do you get enough time to spend as a family and do the things you enjoy doing as a family?				
... Are you an introvert or extrovert and does your environment suit this aspect of your personality?				
... social media, the internet and digital socialising?				
...				
...				
...				
...				

SITUATIONS AND ENVIRONMENTS

Your Personal Environment				
How do you feel about ...	Impact on Wellbeing Level			
	Bad Impact	Poor Impact	Good Impact	Neutral
...				
...				
...				
...				
...				
...				
...				