

Thriving Self Assessment ©M Romeo 2020

Adapted from (CIT) Comprehensive Inventory of Thriving Diener et al 2014 and (BIT) Brief Inventory of thriving and Flourishing Scale 2009 Ed Diener et al. This research found that certain factors support a person to thrive psychologically. I have expanded their assessment to a whole person approach to include factors that have been studied to support overall thriving.

Thinking about the last week, read the following statements and tally up the number of questions you have a strong YES response to.

An apology in advance:

There are 50 questions, but I am looking at ALL aspects of YOU. Physical, emotional, mental, spiritual, relational, creative, financial and practical!

Important Note: *If this was not a typical week for you, then please think back to a more typical recent week when answering the following questions.*

- 1. I have generally felt safe, secure and certain (my safety, security and certainty needs have been met)
- 2. I feel like I belong to a wider group (to my family, friendship group, workplace, other supportive group based on culture, language, religion, interest, sport)
- 3. I am curious, growing, learning something new every day about myself, others or life in general
- 4. I can find something to be grateful for each day
- 5. My life has meaning and purpose
- 6. I am optimistic about the future
- 7. I have close, supportive relationships, where I feel emotionally safe and connected, where I can depend on people and they can depend on me
- 8. I feel resourced. – I have the skills, information and attitude to deal with most things that come up each day or I can get help if I need it
- 9. I generally trust people and feel they are honest and will do their best
- 10. I am living my life in a way that is authentic and aligned with my strengths and values. I am showing up as my best self
- 11. I have things to do each day that I am interested in, that I enjoy and that absorb my attention
- 12. I contribute in some way to the happiness and wellbeing of others
- 13. I feel significant (seen, heard and understood) respected and appreciated in the most important areas of my life
- 14. I have the energy I need to do everything I need and want to do each day

- 15. I know I matter, am worthwhile and lovable even when I am not perfect
- 16. I feel I generally have power and control over my thoughts, mood and actions
- 17. I feel like my life is on track and I can achieve the things that are important to me
- 18. I generally feel authentic –that what I am feeling on the inside is matching how I am showing on the outside
- 19. I get enough (7 hours) and good quality sleep
- 20. I exercise or move each day in a way that supports my body to be and stay strong and flexible.
- 21. I eat in a healthy, balanced way, mainly fresh food that includes fruit and vegetable, healthy fats, good quality protein, low sugar and processed food
- 22. I stay hydrated and drink the recommended daily intake of water (3.7 litres for men and 2.7 litres for women) allowing for other relevant factors
- 23. I do things that make me feel happy, relaxed or calm daily or regularly
- 24. I do not rely on alcohol or other drugs, to cope with uncomfortable feelings, emotions or sensations
- 25. My emotional needs are generally met
- 26. I regularly experience feelings of joy, happiness, calm, peace, connection, harmony, gratitude
- 27. I am able to authentically express my feelings and needs
- 28. I am not stuck in feelings of blame, shame, criticism, guilt, resentment or disappointment
- 29. I am able to express myself creatively in some way (cooking, art, music, writing, volunteering, dancing)
- 30. I can generally find something to be hopeful or positive about, even when things are tough
- 31. I am usually able to see things from different perspectives
- 32. My level of negative self talk or rumination is minimal
- 33. I am usually able to find creative solutions to problems
- 34. I am usually thinking about and being in the present, rather than stuck in past problems or worrying about the future
- 35. I usually focus on trying to change things that are within my personal control rather than outside of it
- 36. I focus on what I want rather than what I don't want
- 37. I am generally able to think of options and solutions when I feel stuck
- 38. I avoid exposing myself to constant and negative media reports
- 39. I take time to pause, reflect or meditate regularly
- 40. I can easily find and look for things to inspire and motivate me
- 41. I have ways to switch off from negativity and busyness
- 42. I usually feel connected with myself, my values, identity, friends, others and the world in general

- 43. I am aware of my strengths and values and mostly live according to them
- 44. I am generally managing my time and energy well -able to address most things on my "to do" list
- 45. I generally wake up refreshed, with enthusiasm for life
- 46. Money is generally not a major source of stress
- 47. I have a range of healthy coping strategies that I can use if I am stressed (including but not limited to, being in nature, exercise, meditation, music, writing/journaling, engaging in creative activities, self care rituals like massage, reaching out to good friends)
- 48. I feel like I generally have a good work life balance
- 49. I generally feel happy
- 50. I feel comfortable reaching out for help when I need it

40-50 Congratulations

You are doing everything that the research says will support your wellbeing. If there is any area that you have identified where you are stuck or would like to improve in some way, please contact me to discuss further.

40-50 Congratulations

You have identified some areas where you are doing well or thriving and some areas of vulnerability or stuckness. Knowing this is the first step to making positive change. If you would like help to take the first step, please contact me to discuss further.

40-50 Congratulations

It takes courage to look honestly at where you are, especially when you may be feeling under resourced in a number of important areas of your life. You may not feel you have the energy, time or motivation to make any more effort. Borrow my confidence for a while. The research shows that even tiny, consistent steps in the right direction can make a difference. Call me, I can't promise to fix anything, but I can commit to standing alongside while you go through this.