

Name \_\_\_\_\_

Date \_\_\_\_\_

Wellbeing is the positive feeling we have when our mental, emotional, social and physical needs are being met. Wellbeing acts like an umbrella to protect us from the rain of life and is made up of skills that we can practice and strengthen. Each skill forms a piece of our umbrella and the skills work best together. They help us find meaning in our experiences and are highly predictive of our future success and happiness. Your umbrella is always growing and changing and this check-in will help you to understand which parts of your umbrella are very strong and which parts could get stronger with practice. The strongest umbrellas are made up of a mix of many wellbeing skills and are growing for our whole lives.

Please read the following sentences and choose the answer that best describes you. There are four possible answers:

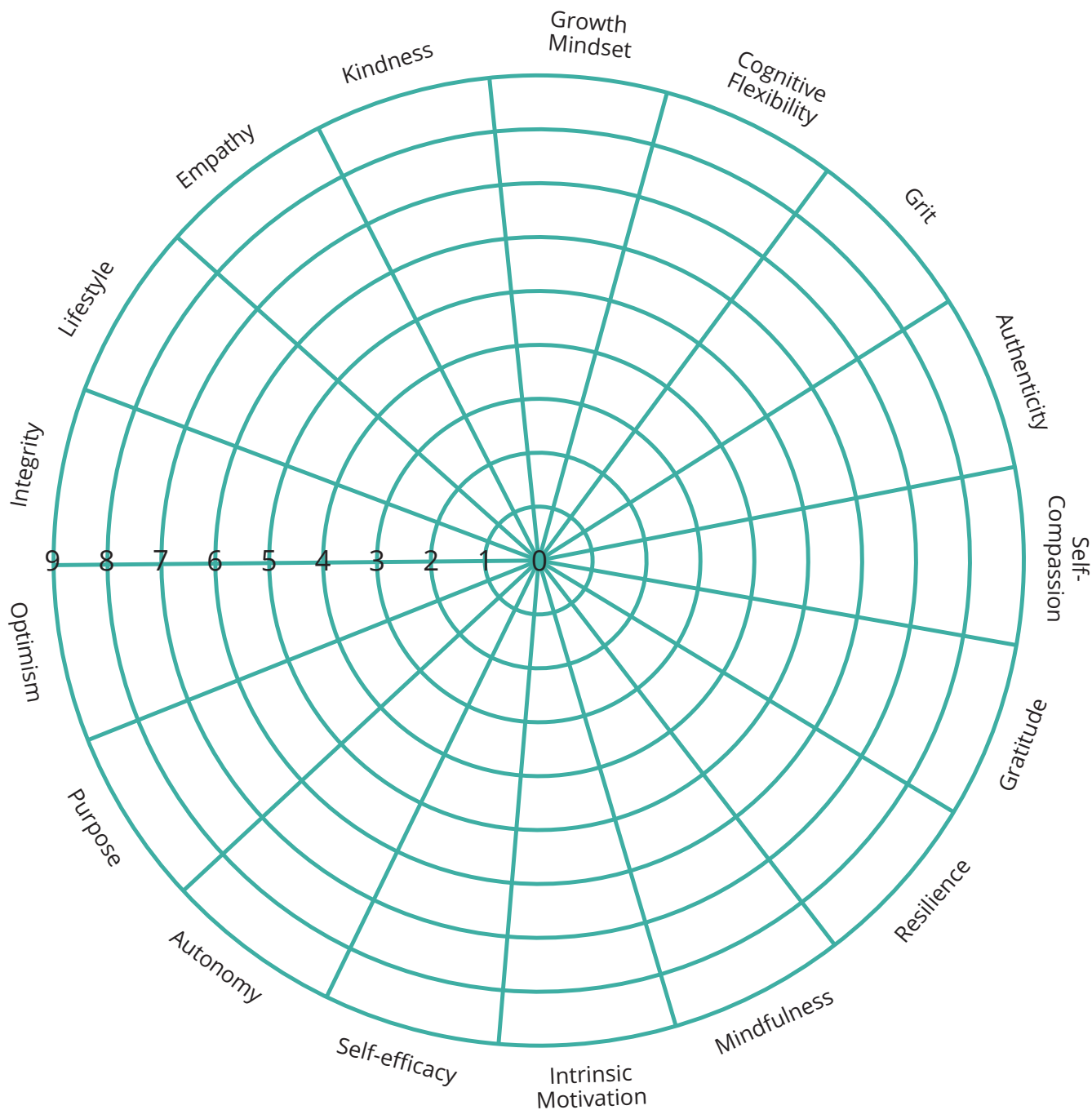
- 0** - Very seldom or not true of me
- 1** - Seldom true of me
- 2** - Often true of me
- 3** - Almost always true of me

<p><b>Empathy</b></p> <p>1. I am good at understanding the way other people feel      <b>0 1 2 3</b></p> <p>2. Before getting upset with somebody, I try to imagine how I would feel if I were in his/her place.      <b>0 1 2 3</b></p> <p>3. If I feel I'm right about something, I still take time to listen to other people's arguments.      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Kindness</b></p> <p>1. I care what happens to other people      <b>0 1 2 3</b></p> <p>2. When I'm kind to others it makes me feel good      <b>0 1 2 3</b></p> <p>3. I look for opportunities to be kind to others      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Growth Mindset</b></p> <p>1. I can greatly change how good I am at almost anything by practicing      <b>0 1 2 3</b></p> <p>2. I prefer hard challenges over easy ones      <b>0 1 2 3</b></p> <p>3. I believe I can improve my intelligence through hard work      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Cognitive Flexibility</b></p> <p>1. I try to use different ways of answering hard questions when the first doesn't work      <b>0 1 2 3</b></p> <p>2. I enjoy trying new and unfamiliar things      <b>0 1 2 3</b></p> <p>3. I find it easy to switch from one task to another      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Grit</b></p> <p>1. Even when things get hard I don't give up      <b>0 1 2 3</b></p> <p>2. I try to stick with problems until I solve them      <b>0 1 2 3</b></p> <p>3. I finish whatever I begin      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Authenticity</b></p> <p>1. It is easy for me to tell people what I feel      <b>0 1 2 3</b></p> <p>2. I am happy with the kind of person I am      <b>0 1 2 3</b></p> <p>3. When I'm with friends, it's easy to be myself      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Self-compassion</b></p> <p>1. When I handle things the wrong way, I remind myself that everybody makes mistakes from time to time      <b>0 1 2 3</b></p> <p>2. When things are going badly for me, I see the difficulties as part of life that everybody goes through      <b>0 1 2 3</b></p> <p>3. When I'm feeling down, I try to observe my feelings with curiosity instead of fixating on everything that's wrong      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	

<p><b>Gratitude</b></p> <p>1. When I look at my life I am thankful for many things      <b>0 1 2 3</b></p> <p>2. I recognize and appreciate what others do for me      <b>0 1 2 3</b></p> <p>3. I often express how thankful I am      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Resilience</b></p> <p>1. When something bad happens, I am able to quickly bounce back and move on      <b>0 1 2 3</b></p> <p>2. I see difficulties as temporary and expect to overcome them      <b>0 1 2 3</b></p> <p>3. I can stay calm when I am upset      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Mindfulness</b></p> <p>1. I tend to think more about what is happening in the moment than the past and the future      <b>0 1 2 3</b></p> <p>2. When someone asks me how I'm feeling I can easily identify my emotions      <b>0 1 2 3</b></p> <p>3. I try to deal with my feelings when they come up instead of distracting myself or putting them out of my mind      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Intrinsic Motivation</b></p> <p>1. I do many activities just for the fun of it      <b>0 1 2 3</b></p> <p>2. I like solving problems      <b>0 1 2 3</b></p> <p>3. I look forward to going to school/work      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Self-efficacy</b></p> <p>1. I am confident that I can solve most problems if I really try      <b>0 1 2 3</b></p> <p>2. I can usually handle whatever comes my way      <b>0 1 2 3</b></p> <p>3. I will be able to achieve most if the goals I have set for myself      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Autonomy</b></p> <p>1. I take responsibility for my learning      <b>0 1 2 3</b></p> <p>2. My success is a result of my own efforts      <b>0 1 2 3</b></p> <p>3. I am good at making decisions that align with who I really am      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Purpose</b></p> <p>1. My life has meaning      <b>0 1 2 3</b></p> <p>2. I believe I can have a positive impact      <b>0 1 2 3</b></p> <p>3. Life to me seems exciting      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Optimism</b></p> <p>1. I think that most things I do will turn out OK      <b>0 1 2 3</b></p> <p>2. My past experiences have prepared me well for the future      <b>0 1 2 3</b></p> <p>3. Even when others get discouraged, I know I can find a way to solve the problem      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>
<p><b>Integrity</b></p> <p>1. I follow through on my promises      <b>0 1 2 3</b></p> <p>2. I try to always tell the truth      <b>0 1 2 3</b></p> <p>3. I wouldn't lie or cheat just to be more successful      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>	<p><b>Lifestyle</b></p> <p>1. I give my body the things it needs to thrive like lots of healthy food and water      <b>0 1 2 3</b></p> <p>2. I take time to have fun and relax      <b>0 1 2 3</b></p> <p>3. I move my body a lot and get plenty of fresh air and exercise      <b>0 1 2 3</b></p> <p style="text-align: right;">Total Points:</p>

When you have completed your umbrella assessment, colour the total for each skill on the matching section of your umbrella.

# Your Umbrella Check-In



**AREAS OF STRENGTH:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**OPPORTUNITIES TO IMPROVE:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

**INSIGHTS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

