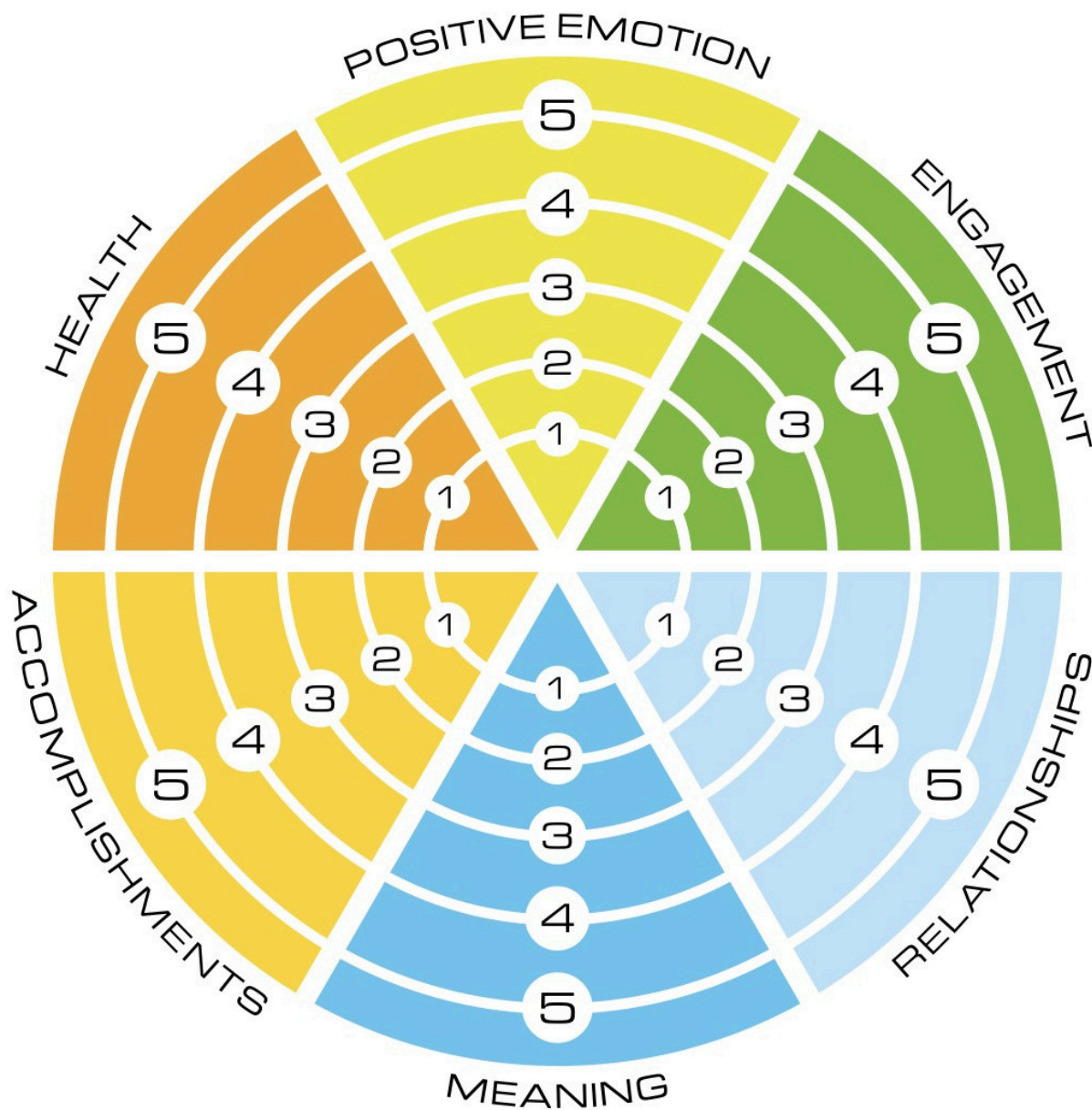


In each domain, place an X on the number that represents your fulfillment level.
 1. Not fulfilled, 2. Slightly fulfilled, 3 = Somewhat fulfilled, 4 = Moderately fulfilled,
 5= Extremely fulfilled



Positive Emotion: feeling emotions like contentment, happiness, humor, interest, love, awe, pride, inspiration, hope, gratitude, etc.

Engagement: deploying talents/strengths/skills to meet challenges; absorbed in an activity; eager to repeat the learning process even if difficult.

Relationships: feeling supported, valued, and loved by others.

Meaning: A sense that you and your life serve something bigger than yourself. Could be family, religion, sport, social cause, community, etc.

Accomplishments: Success, achievement, mastery, promotion, completion, etc.

Health: Physical vitality. Getting enough sleep, exercise, and nutritious food.