IMPACT-OLOGY

Belief & Wellbeing for My Life

There are no right or wrong answers. Nobody will see your name. Thank you for being honest.

When are you filling this in? ☐ Start of the course ☐ End of the course ☐ Six months later

My secret code: _____ **My age:** _____ **Class / group:** _____ **Date:** _____

Imagine a ladder with steps numbered 0 to 10. The top step (10) is the best possible life for you. The bottom step (0) is the worst possible life for you. Tick ONE step for each question.

1. TODAY

Which step are you on today?

10	☐	*best possible life*
9	☐	
8	☐	
7	☐	
6	☐	
5	☐	
4	☐	
3	☐	
2	☐	
1	☐	
0	☐	*worst possible life*

2. FIVE YEARS FROM NOW

Which step do you think you will be on in five years?

10	☐	*best possible life*
9	☐	
8	☐	
7	☐	
6	☐	
5	☐	
4	☐	
3	☐	
2	☐	
1	☐	
0	☐	*worst possible life*

3. How true is this for you?

	Not at all	A little	Mostly	Completely
I believe I can do what I dream of doing with my life.	☐	☐	☐	☐
I can see ways to get there.	☐	☐	☐	☐

World Health Organisation definition of Wellbeing:

"Wellbeing improves daily life, personal happiness, and overall longevity".