



LUMINOUS LIFE
 Seeing Potential. Creating Opportunity.
 Inspiring Growth.

Self Assessment

How Are You, Really?

Take a moment to pause and check in with yourself. There are no right or wrong answers – this is simply about creating awareness with compassion and honesty.

For each area below, rate how you've been feeling over the past 2 weeks.



Rating Scale

1 Very Difficult	2 Difficult	3 Okay	4 Good	5 Very Good
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AREA	HOW I'M FEELING	MY IMPACT	MY RATING
Mental Wellbeing My thoughts, mood, confidence, self-talk	How has my mind been feeling?	How is this impacting my day to day life?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Physical Health Energy levels, sleep, appetite, movement	How has my body been feeling?	How is this impacting my daily life?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Emotional Wellbeing Managing emotions, overwhelm, resilience	How have I been coping emotionally?	How is this impacting my relationships and choices?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Focus & Productivity Concentration, motivation, getting things done	How has my focus and motivation been?	How is this impacting my work and goals?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Relationships & Connection Family, friends, support, feeling understood	How have my relationships felt?	How is this impacting my sense of connection and support?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5
Sense of Purpose & Fulfilment Meaning, joy, alignment, what lights me up	How connected do I feel to my purpose and joy?	How is this impacting my sense of direction and fulfilment?	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5

Reflection ✨

What stood out for you? _____

What surprised you? _____

What feels most important for you to focus on right now? _____



“Awareness is the first step. Self-compassion is the next.”