



SELF-EMPLOYEE WELLNESS

SELF ASSESSMENT

Take a few moments to reflect on your current well being.
For each question below rate yourself on a scale from 1 to 5

Lowest

Highest

1

2

3

4

5

How would you rate your current stress level ?

☐☐☐☐☐

How are your energy and workload feeling right now ?

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Overall, to what extent do you feel the things you do in your life are worthwhile ?

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How happy are you with your work life balance ?

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How supported do you feel by your team and manager ?

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Your Well - Being matters.

Small steps today can lead to a healthier, happier you

