

My
WELL-BEING
Workbook

Applying PERMA5



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This book **“My Well-being Workbook: Applying PERMA5”** is a workbook for the book Well-being and Success for University Students: Applying PERMA+4 (Koci & Donaldson, 2024)

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Dear students,

Let me start with thank you. Thank you for caring for your well-being and thank you for being you. I used to struggle with my well-being and there were a few things that helped me to feel whole. The passion for the positive psychology, learning about science of well-being, becoming self aware of what I need, practicing activities building my well-being and being in touch with students like you. Learning about well-being together, talking about what works for us in our lives but also openly sharing our struggles and humanity by supporting each other made me a better person. Each and every of you is very dear to me. And I would like to give you this well-being workbook that is a part of my newest book Well-being and Success for University Students. I hope that you can learn here, become self aware and practice activities that fit you to support so called building blocks of your well-being, thus your positive emotions, engagement, your high quality relationships, meaning, achievement, physical health, your mindset, environment, economic security, and your authenticity.

And here is also my email (jana@uniwellsity.com) and instagram (@janakociphd) if you ever felt like being in touch.

I care for you. Enjoy your well-being journey and may your life be the way you want it to be. Be-well!



Jana 

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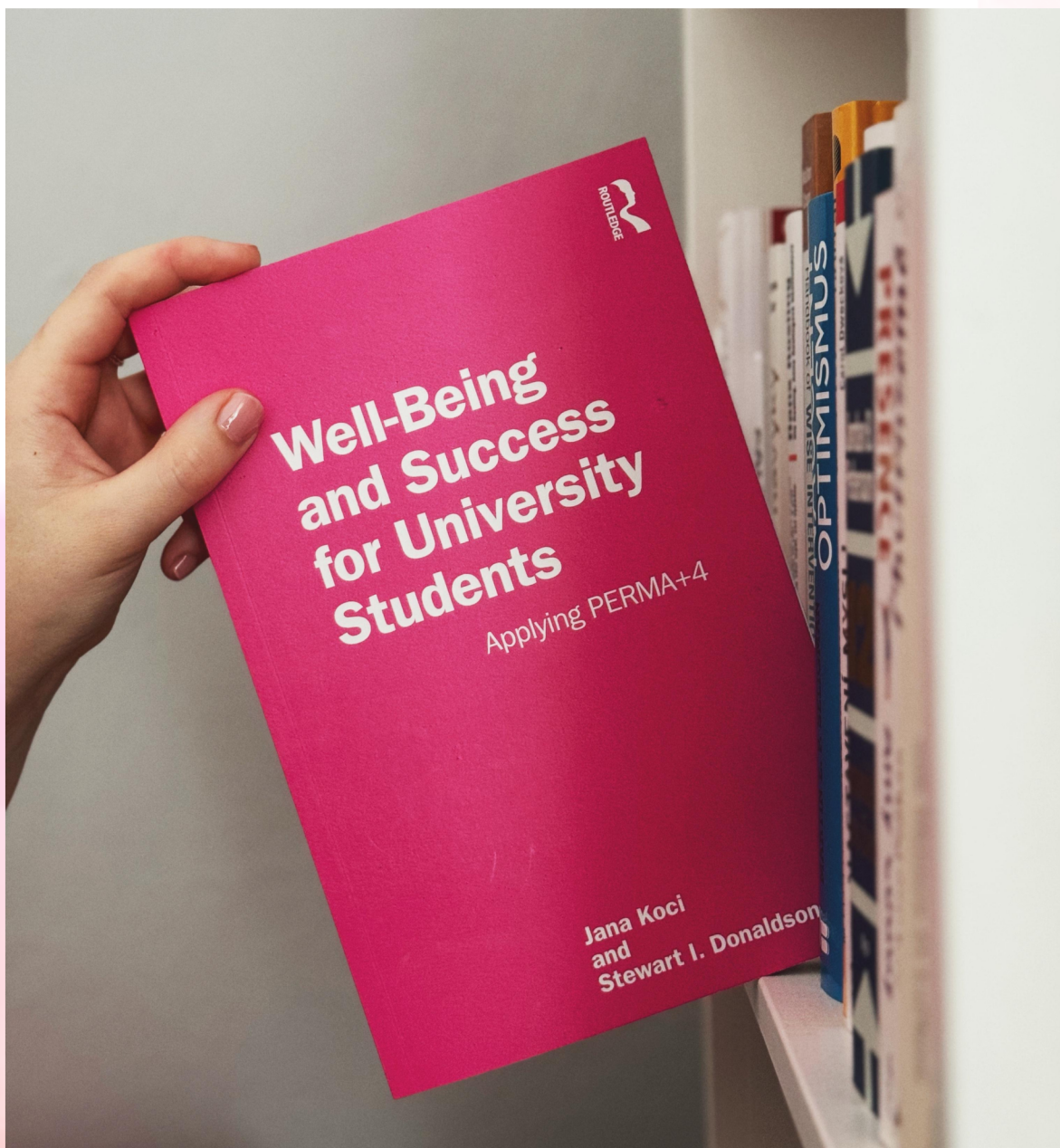
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Whether you are looking for good tools to build your well-being or you just enjoy learning about mental health, I can promise you - you will enjoy this book. Learn about interesting science of each building block of well-being and after reflecting on your flowers (as you will practice here), grab the book to learn evidence-based activities and strategies to grow in different areas of your life that puzzle up your happiness. *#theperkbook* is grounded in the science of well-being and positive psychology and I wrote it as a result of my love towards the science and work with students like *you*. The book will help you learn how to strengthen your health and well-being, as well as how to make your study journey more enjoyable and successful.

Enjoy!



YOUR WELL-BEING *flower*

Here is a set of statements you might want to look at that can help you assess how well you feel about each well-being building block:

Positive Emotions

(Experiencing happiness, joy, love, gratitude, etc. in the here and now.)

I generally experience positive emotions (happiness, joy, love, gratitude, interest, etc.) either alone or with others often. I feel overall satisfied with my life, I devote a satisfying time to my hobbies and interests, and I enjoy what I do at work and at school.

Engagement

(Being highly absorbed or experiencing flow while engaged in activities of one's life.)

I generally experience flow and engagement in my everyday life activities, at work, and at school often. I feel engaged while doing my hobbies, while spending time with other people, or even while being alone.

Relationships

(Having the ability to establish and maintain positive and caring high-quality relationships with others, characterized by experiences of love and appreciation.)

I generally experience high-quality relationships with my boss or supervisor, classmates, co-workers, friends, family members, and significant other(s), and I have a great relationship with myself.

Meaning

(The experience of being connected to something larger than the self or serving a higher purpose.)

I generally experience meaning in everyday life activities, purpose in life, meaning in school activities, and purpose in school studies. I build meaningful relationships and I participate in meaningful activities in my community. I have faith and I cultivate my spirit.

Achievement

(Experiencing a sense of mastery over a particular domain of interest or achieving important or challenging life/work goals, as well as completing simple tasks of everyday life.)

I generally recognize and celebrate both my smaller and bigger achievements, and I accept my failures. I am generally satisfied with my personal life achievements, education achievements, relationship achievements, self-improvement achievements, and financial achievements.



YOUR WELL-BEING flower

Physical Health

(Operationalized as a combination of high levels of biological, functional, and psychological health assets).

I generally feel physically healthy considering my body movement, body posture, nutrition, and sleep while being able to relax and breathe properly, and I successfully avoid risky behaviors, such as smoking, alcohol consumption, or social media overuse.

Mindset

(Adopting a growth mindset characterized by an optimistic, future-oriented view of life, where challenges or setbacks are seen as opportunities to grow. This may also be a function of positive psychological capital).

I generally feel resilient, confident in myself, responsible, hopeful, optimistic, future-oriented, persistent, and passionate about my long-term goals, and I have a growth mindset in important domains of my life.

Environment

(The quality of one's physical environment (including spatiotemporal elements such as access to natural light, fresh air, physical safety, and a positive psychological climate) is aligned to the preferences of the individual).

I generally experience a positive, healthy, and supportive environment at home, in my family, at work or school, in my community, and online, and I spend a satisfying amount of time outdoors in nature.

Economic Security

(Perceptions of financial security and stability required to satisfy individual needs).

I generally feel financially secure considering my income, savings, investments, and access to quality health care, and I am managing my financial expenses well

Authenticity

(The ability to be true to oneself and to others. Constantly getting to know yourself, expressing who you really are, sharing what you truly think and being vulnerable).

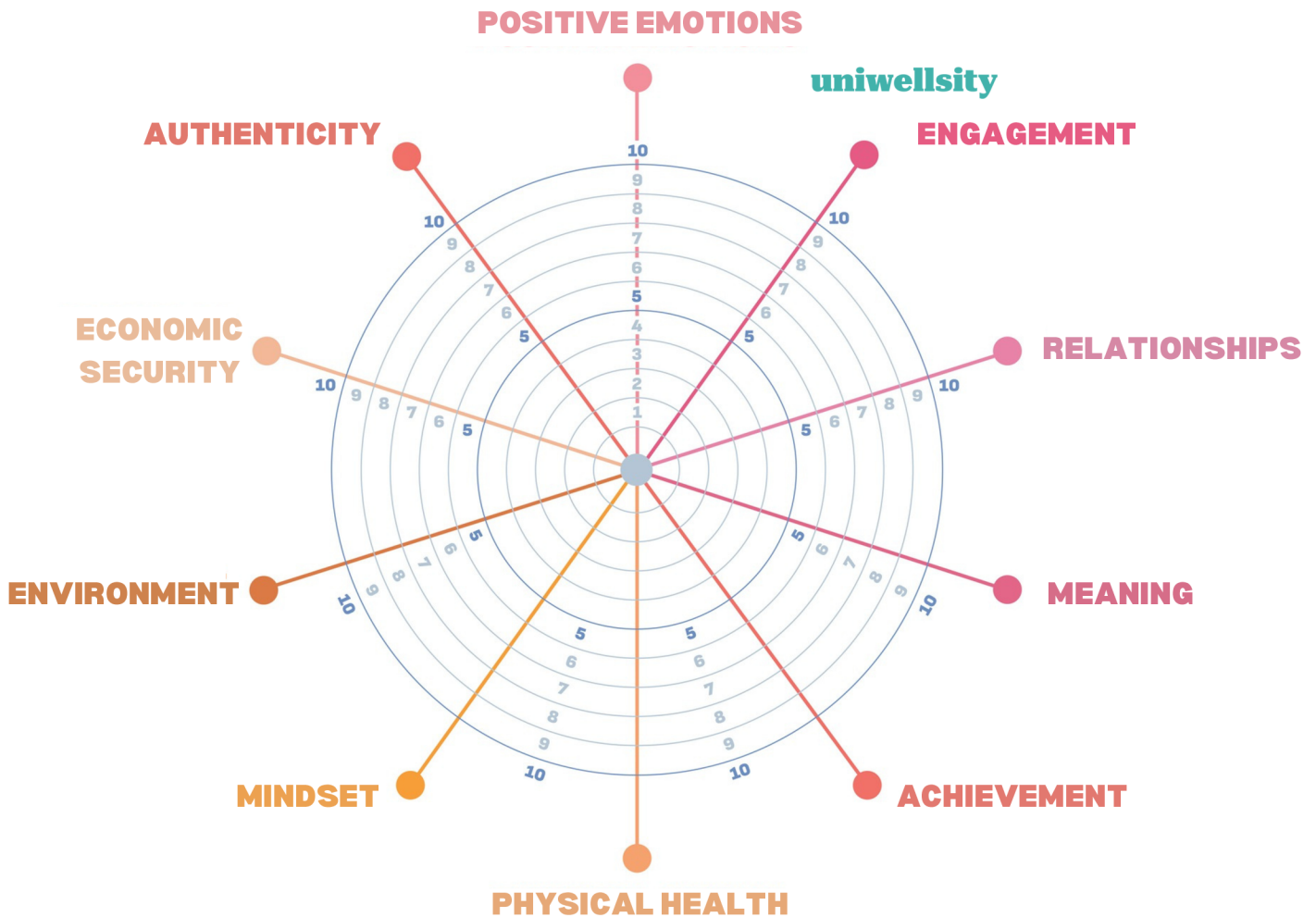
I know myself and I love and accept myself for who I really am. I know my values and passions and I act on them. I set boundaries and I express what I really think or feel even if it is uncomfortable. I am myself in my relationships and I am willing to be vulnerable. I take responsibility for my actions.



MY WELL-BEING

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

POSITIVE EMOTIONS

ENGAGEMENT

RELATIONSHIPS

MEANING

ACHIEVEMENT

PHYSICAL HEALTH

MINDSET

ENVIRONMENT

ECONOMIC SECURITY

AUTHENTICITY

My Well-being score

out of 100.



YOUR POSITIVE EMOTIONS

flower



Experiencing Positive Emotions

(Happiness, Joy, Love, Gratitude, etc.)

I experience positive emotions such as happiness, pride, contentment, and joy often in my life.

Life Satisfaction

I am highly satisfied with my life.

Time Devoted to Your Hobbies and Interests

I know the importance of making time for my hobbies, relaxation, and regeneration and to energize myself. I make sure that I prioritize my leisure and free time to enjoy my hobbies regularly.

Positive Emotions Experienced with Other People

I enjoy spending time with other people. I laugh often in others' company. I feel good about myself while being with others; I feel included and safe to fully express myself.

Enjoyment of What You Do at School

I enjoy every activity I do as a part of my studies. Even though it might be hard sometimes, I generally enjoy going to school, learning in classes, studying at home, completing assessments, and preparing for another school day.

Enjoyment of What You Do at Work or Part-time Job

I enjoy my work. I look forward to going to work every time it is scheduled. I enjoy my work role and all the work-related tasks I get to do during my shifts.

Shared Positivity

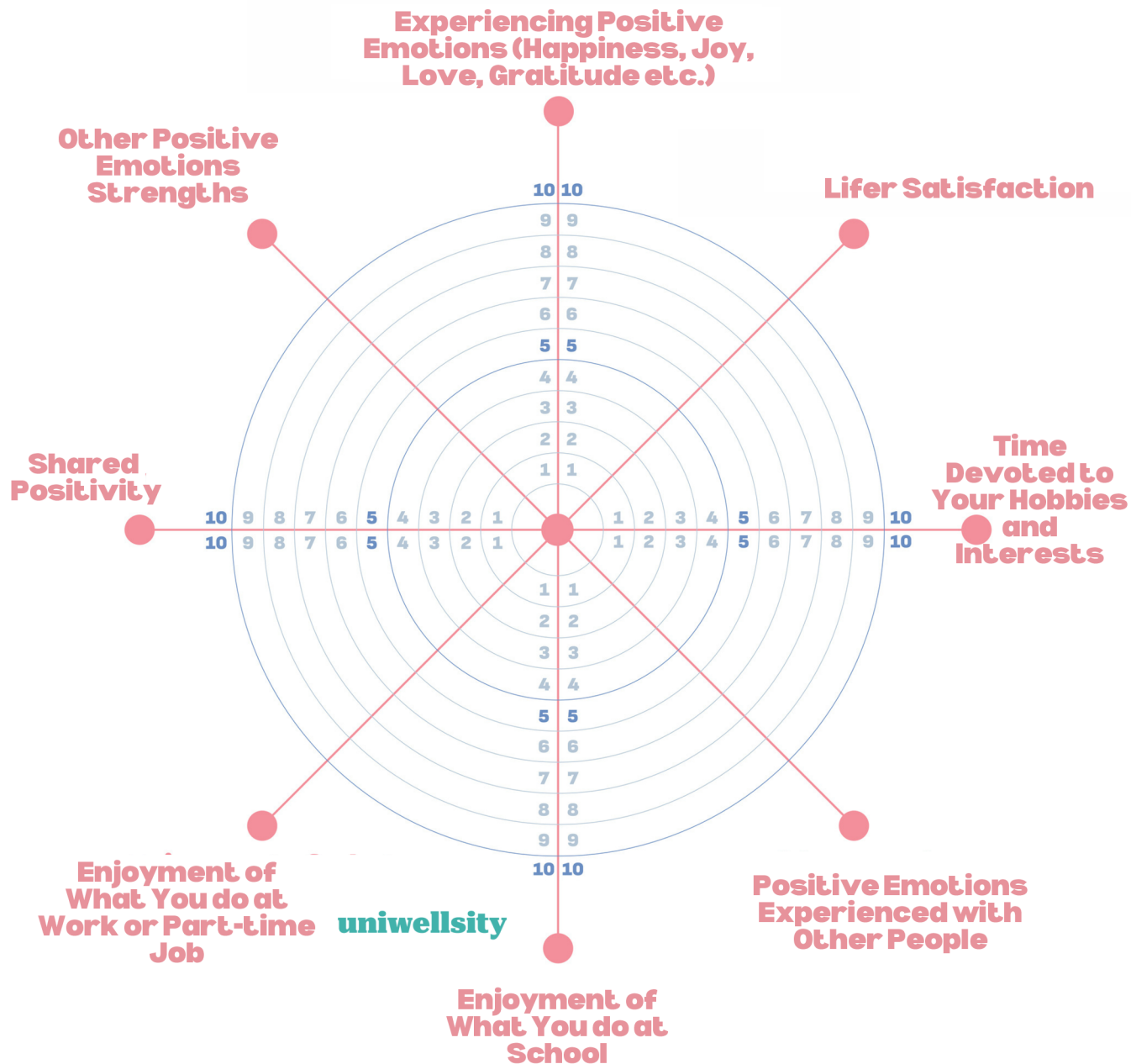
I genuinely enjoy seeing other people experience positive emotions.



MY POSITIVE EMOTIONS

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

EXPERIENCING P.E.

ENJOYMENT AT SCHOOL

LIFE SATISFACTION

ENJOYMENT AT WORK

HOBBIES, INTERESTS

SHARED POSITIVITY

P. E. WITH OTHERS

OTHER STRENGTHS

My Positive Emotions score out of 70.



YOUR ENGAGEMENT *flower*



Ability to Focus

I am able to focus and shift my focus in the direction I desire using my willpower. I avoid multitasking and I strengthen my ability to focus with different strategies, such as breathing exercises or meditation.

Engagement in Everyday Life Activities

I experience a great amount of engagement in everyday life activities such as self-care, housekeeping, or spending time with my loved ones. I am engaged when I study or when I have some time for myself no matter what activities I decide to choose.

Engagement in School

While understanding that boredom is a natural part of our life, I experience a great amount of engagement at school. In my classes, in seminars, and in my interactions with classmates and teachers. I don't feel bored during breaks; I enjoy lunch breaks and purposefully motivate myself to engage at school as much as possible.

Engagement in Work or Part-time Job

While understanding that boredom is a natural part of our life, I experience a great amount of engagement at work. I feel engaged while performing my regular work duties and also while working on new projects or activities. I engage with my colleagues and my boss in our meetings or discussions.

Engagement in Your Hobbies

I experience a great amount of engagement while doing what I enjoy in my free time. I do my best to find time for my hobbies and I prioritize my hobbies to learn, grow, and relax.



YOUR ENGAGEMENT *flower*

Engagement with Other People

I experience a great amount of social flow and engagement while interacting with other people. I experienced engaged conversations and high quality time.

I like to talk to people and I enjoy listening to them.

Engagement in Your Alone Time

I experience a great amount of engagement in my alone time. I manage my time well to do activities I enjoy, to learn, or to practice. I know well what activities make me feel engaged and I participate in those when I'm alone. While understanding that boredom is a natural part of our life, I don't usually get bored when spending time on my own.

Creativity

I am happy with the time in my life I invest in my creativity. I let myself be creative while writing essays, working on projects, and even when I cook or decorate my home! I make time for activities that make me creative (e.g. drawing, crafting, writing, and photographing).

Experiencing Flow

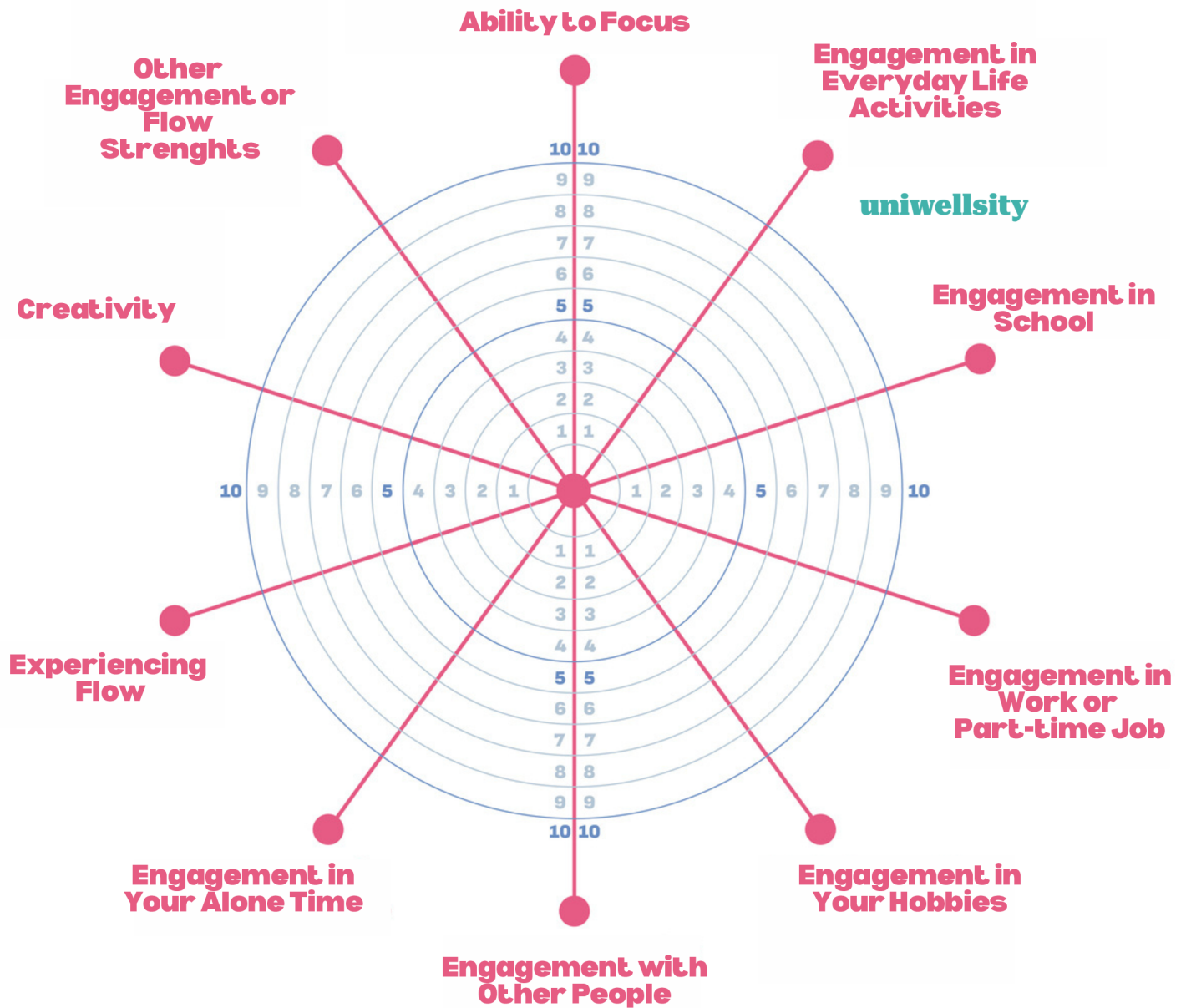
I often experience flow, the state of relaxed peak performance, where I feel like being one with the activity I am doing.



MY *date: _____*

ENGAGEMENT

M T W T F S S



Write down numbers from the wheel and do the sum.

ABILITY TO FOCUS

E.D. LIFE ACTIVITIES

SCHOOL

WORK/PART-TIME

YOUR HOBBIES

WITH OTHER PEOPLE

YOUR ALONE TIME

FLOW

CREATIVITY

OTHER STRENGTHS

My Engagement score **out of 90.**



YOUR RELATIONSHIPS *flower*

High-Quality Relationships with Classmates

I enjoy seeing my classmates and spending time with them. I feel like a part of the group and I was even able to develop some friendships within our class. We try to be friendly to each other and we help each other out with school tasks if needed.

High-Quality Relationships with Teachers

Even though my relationships with teachers are formal, I have a good feeling about our interactions. I found my teachers to be friendly, respectful, and helpful if needed. I can openly express my opinions in our classes and I can talk to them about any issues I am facing with my studies if necessary.

High-Quality Relationship with Boss or Supervisor

(feel free to skip if you don't have any)

My relationship with my boss or supervisor feels safe, empowering, and full of trust and respect. I can discuss my ideas openly and ask for advice or their mentorship anytime. I feel comfortable coming to my boss or supervisor for support in times of work overload.

High-Quality Relationships with Co-workers

(feel free to skip if you don't have any)

I feel good about my relationships with my coworkers. I enjoy working with them and I feel like a part of the team. We trust each other and respect each other's work. We help each other out with some tasks when feeling overloaded with work.

High-Quality Relationships with Friends

I have developed loving and close relationships with friends throughout my life. I know that the number of friends does not matter. What matters is the good quality of friendships I have. I care for my relationships with my friends by initiating contact and making sure my friends know I am here for them. I know they are here for me if needed too.



YOUR RELATIONSHIPS *flower*

High-Quality Relationships with Family Members

My relationships with my family are empowering and respectful: they provide me with a sense of trust, they allow me to be my authentic self, and they help me feel great in my family.

High-Quality Relationships with Significant Other(s)

(feel free to skip if you don't have any).

I feel loved in my relationship with my significant other(s), and I am capable of sharing my love. It is based on mutual care, trust, support, and a desire to grow together. We respect each other's boundaries and we are able to openly communicate about our feelings. We care for and help to build each other's well-being.

High-Quality Relationship with Yourself

I deeply care for myself. I am aware of my strengths and I support myself to use them. I also have compassion for my flaws. I know what I need and I prioritize my needs over pleasing others. I work daily with a respectful and loving attitude towards myself and I care for my own well-being.

High-Quality Relationship with People in Your Community

I enjoy positively interacting with people in my community (e.g., with my neighbors, cashiers in stores, teachers, and classmates) and I care for their well-being.

Great Social Skills

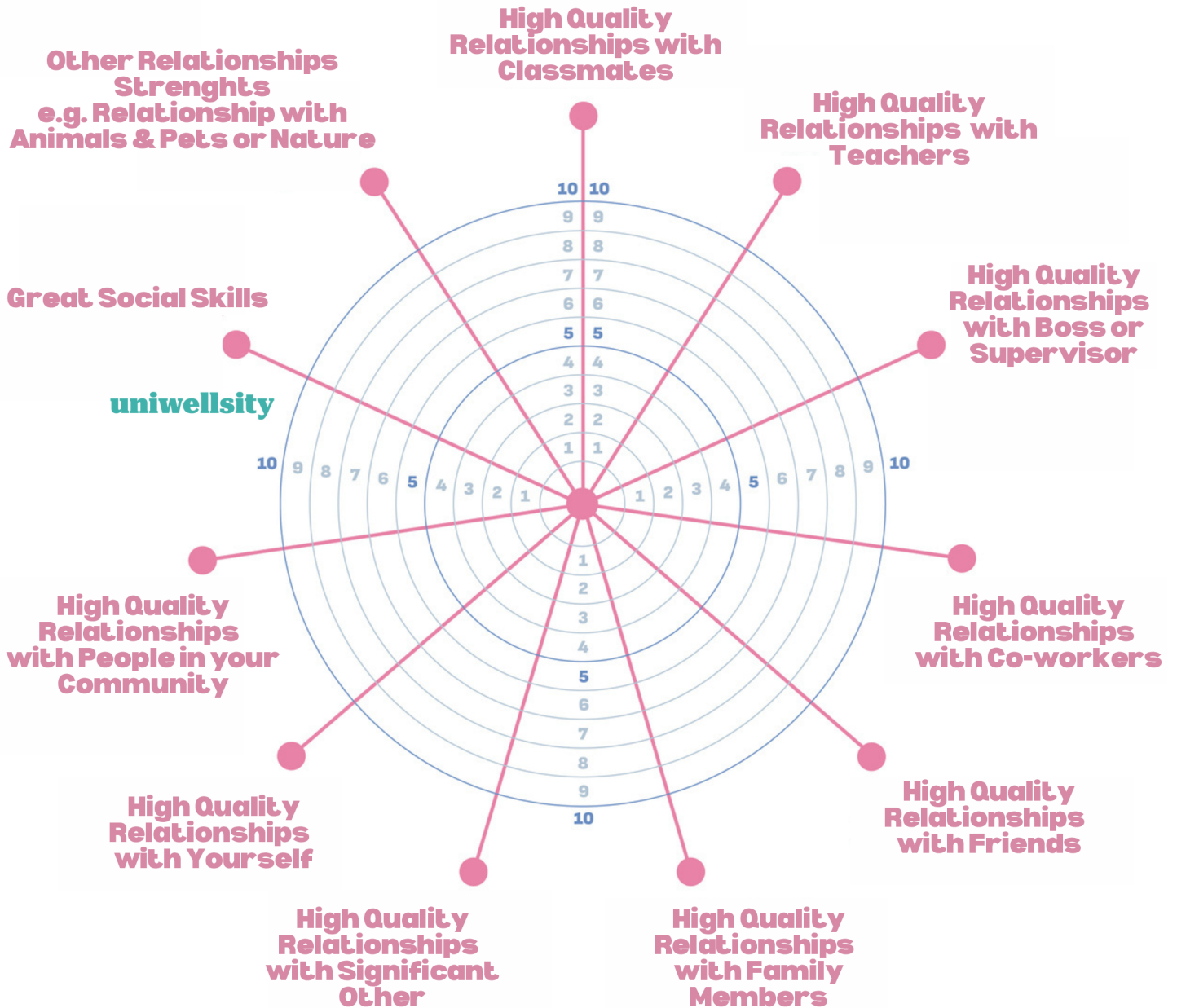
I actively listen to others; I am empathetic, authentic, forgiving, respectful, positive, and a team player; I express gratitude to others; and I help others while expecting nothing back.



MY RELATIONSHIPS

Date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

CLASSMATES

TEACHERS

BOSS OR SUPERVISOR

CO-WORKERS

FRIENDS

FAMILY MEMBERS

SIGNIFICANT OTHER

YOURSELF

YOUR COMMUNITY

GREAT SOCIAL SKILLS

OTHER STRENGTHS

My Relationships score out of 100.



YOUR MEANING *flower*



Meaning in Life

I have a strong sense of meaning in my life. I am aware of my values and passion, and I live my life in accordance with both. I have a good sense of where I would like my life to be headed.

Meaning in Everyday Life Activities

I see meaning in my everyday life activities. I set my personal goals and strategies to pursue said goals. I speak about my goals publicly if I feel comfortable to do so. I monitor my progress and I acknowledge my achievements.

Meaning in School Activities

I can see meaning in the majority of the school activities I do. If I don't, I am able to stop and think of how this particular activity will support me on my way to reach my personal goals or how it will benefit others. This helps me to be motivated, focused, and effective.

Meaning in Work Activities

(feel free to skip if you don't work at the moment) I can see meaning in the majority of work activities I do. If I don't, I am able to change my perspective and reveal meaning for either me, my organization, my coworkers, or how people beyond my work environment will benefit from what am I working on.

Serving Others

I am aware that it is important for my well-being to serve others in the best way possible. I take action and I try my best to be there for people around me when I feel energized and able to share. I use my character strengths in service of people and my community.



YOUR MEANING *flower*

Building Meaningful Relationships

I realize how meaningful high-quality relationships are for my life. I reflect on my relationships and prioritize those that support my social health. I proactively build high-quality relationships, and I care for the well-being of people around me.

Purpose in Life

I am aware of my life mission. I feel motivated to pursue my life goals and I know what the purpose of my life is. The accumulation of my meaningful goals has generated a life purpose for me. I reflect on my purpose and I give myself the freedom to change my goals if they no longer seem to be aligned with my values.

Faith and Spirituality

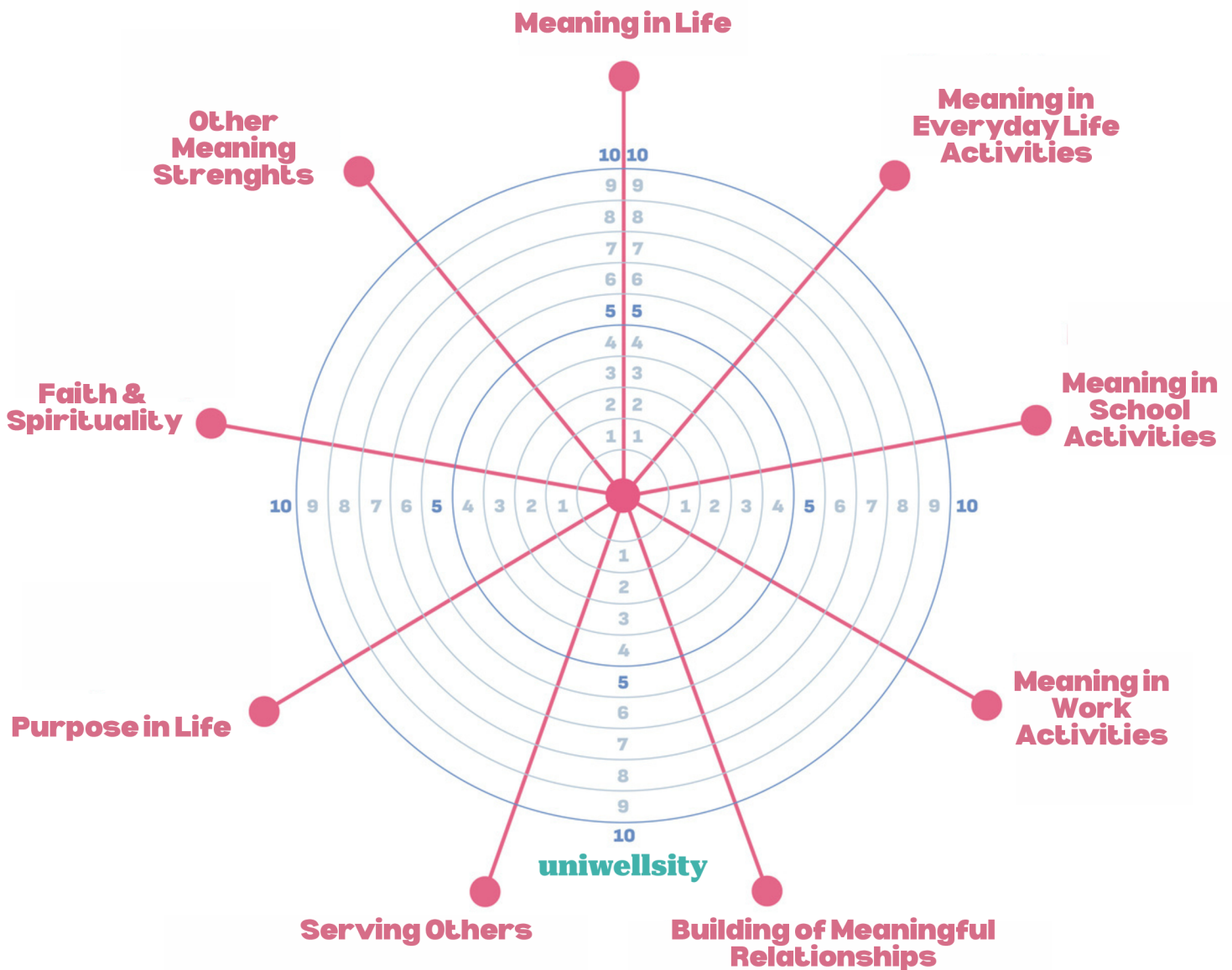
I sense that faith and spirituality contribute to my well-being and both faith and spirituality increase the sense of meaning in my life. Whether I am religious or not, I have faith and I cultivate my spirit in my everyday life.



MY MEANING

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

MEANING IN LIFE

SERVING OTHERS

E.D. ACTIVITIES

PURPOSE IN LIFE

SCHOOL ACTIVITIES

FAITH & SPIRITUALITY

WORK ACTIVITIES

OTHER STRENGTHS

MEANINGFUL RELATIONSHIPS

My Meaning score **out of 80.**



YOUR ACHIEVEMENT *flower*

Satisfaction with Your Achievements

I am aware of my achievements. I reflect on my effort, and I acknowledge my successes. I celebrate when I accomplish something meaningful, as well as when I achieve small things in my day-to-day life. I am satisfied with what I have achieved in my life so far.

Recognition and Enjoyment of Others' Achievements

I pay attention to the achievements of others, and I sincerely enjoy when others are successful. I like to acknowledge others' successes by telling them that they have done great. I also feel inspired when I see others achieve something.

Recognition and Use of Your Character Strengths

I am well aware of my character strengths, and I use them in my everyday life. I reflect on my top strengths from time to time. I like to think about how I can apply my strengths in different situations to reach what I am aiming for confidently and with more ease and joy.

Responsibility

I have a great sense of responsibility. I consider myself an accountable person. I do my best to keep my promises, stick to my plans, and, if needed, develop extra effort to meet deadlines I agree to. Others would say that I am easy to work with.

Willpower

I feel like I have control over the actions I take in my life. I can resist impulses for the sake of my goals. I can control my own thoughts and behavior and I have strong determination to overcome obstacles when working toward my personal goals.



YOUR *flower* ACHIEVEMENT

Perseverance for Long-Term Goals

I persist in my long-term goals despite obstacles, discouragements, or disappointments. When I fail, despite the fact that I might feel disappointment and demotivation in the moment, I rarely give up and I continue to work on my goals and dreams.

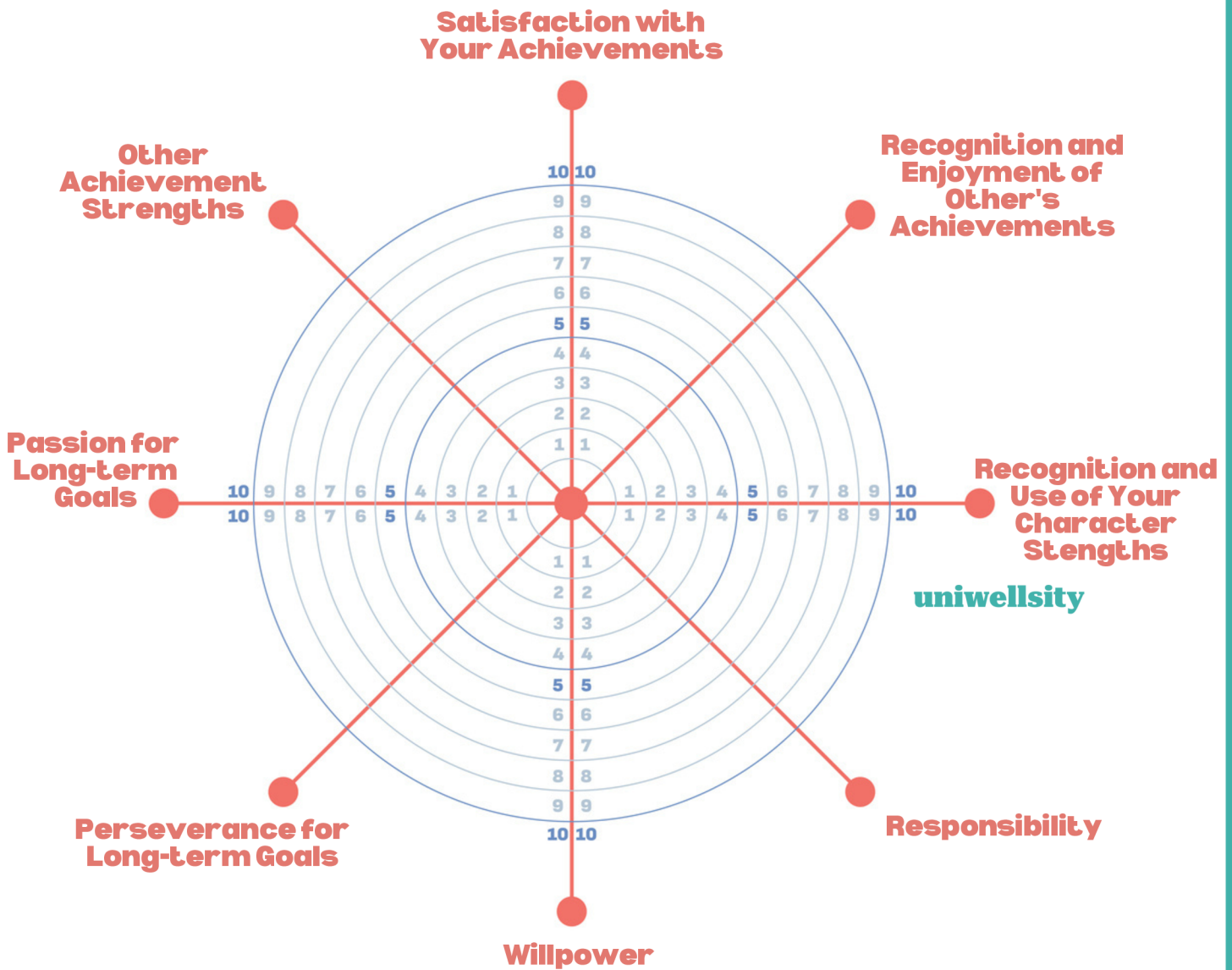
Passion for Long-Term Goals

My actions, plans, and behavior are passion-driven. I am aware of what I love and what is important to me, and I do my best to keep activities that are filled with passion in my everyday life.



MY *date: _____* ACHIEVEMENT

M T W T F S S



Write down numbers from the wheel and do the sum.

SATISFACTION WITH YOUR ACHIEVEMENT

WILLPOWER

ENJOYMENT OF OTHERS' ACHIEVEMENT

PERSEVERANCE FOR LONG-TERM GOALS

USE OF YOUR STRENGTHS

PASSION FOR LONG-TERM GOALS

RESPONSIBILITY

OTHER STRENGTHS

My Achievement score **out of 70.**



YOUR PHYSICAL *flower* HEALTH

Adequate Body Movement

I enjoy moving my body naturally during the school day and after. I care about the maintenance of my muscle and cardiovascular health by finding time for regular aerobic, strength, and flexibility activities and balance movements.

Proper Body Posture

I am aware of my body posture throughout the day. I am capable of correcting my posture properly when moving, standing, and sitting, even while studying.

Optimal Nutrition

I enjoy good nutrition in a regimen that fits me. My diet is balanced, it is full of natural foods rich in nutrients (vegetables, fruits) and healthy fats, and it includes high-quality protein in every meal.

High-Quality Sleep

My sleep quality is good and consistent. I wake up feeling refreshed and ready for school. I care for my sleep by sticking to a regular sleep schedule, avoiding large meals and alcoholic drinks before bed, relaxing before bedtime, and managing my sleep environment.

Regular Relaxation

My body feels relaxed most of the time. When I notice my body getting stiff after a stressful situation at school or in my personal life, I am able to relax my body back. I practice relaxing my body intentionally during the day and especially before sleep.



YOUR PHYSICAL HEALTH *flower*

Proper Breathing

My breathing is slow and deep, and I breathe into my belly most of the time. When I notice myself breathing shallowly in moments of school or personal stress, I can regulate my breath and balance myself back into calmness with breathing exercises if needed.

Avoidance of Risky Behavior

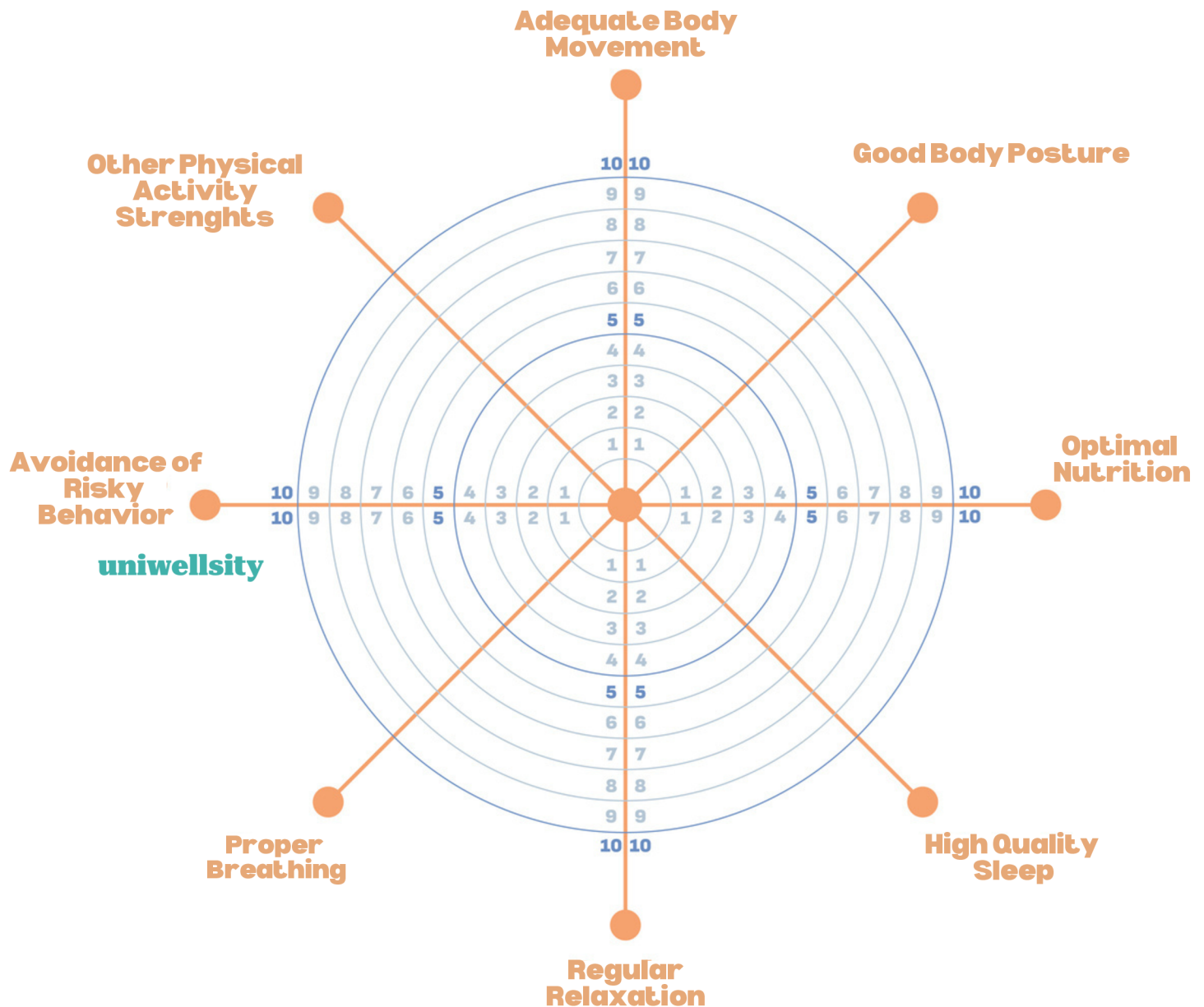
I limit exposing myself to the potential risk of harm by avoiding substance abuse, heavy alcohol consumption, unprotected sexual intercourse, reckless driving, practicing extreme sports, or overusing social media, as I care for my health.



MY PHYSICAL HEALTH

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

BODY MOVEMENT

REPROPER BREATHING

BODY POSTURE

AVOIDANCE OF RISKY

OPTIMAL NUTRITION

BEHAVIOUR

HIGH QUALITY SLEEP

OTHER STRENGTHS

REGULAR RELAXATION

My Physical Health score **out of 70.**



YOUR MINDSET *flower*

Hope

I choose to stay hopeful. I trust that my expectations and desires will happen, even though I don't know exactly how yet. I feel hopeful about my future, motivated, and confident about achieving my goals through proactive planning and taking action.

Confidence in Yourself (Efficacy)

I know my weaknesses but I am also well aware of my skills, abilities, and character strengths. I use them in my everyday life to reach my goals and it helps me feel confident. I show myself self-compassion if needed.

Resiliency

I have the ability to spring back into shape and I recover quickly from difficulties. I have the mental capacity to bounce back and to even bounce forward after recovering from difficulties. I learn from my experiences and in some cases, I feel like I even recover beyond the original level of my well-being.

Optimism

I often feel like things will be well and I choose to stay hopeful. If I fail, I know there is something I can do about it. I don't see my failures as entirely my fault. I know I generally do well, and failures are just an exception. I am aware that my failures are temporary and will be replaced by successes again.

Future Orientation

Knowing that being here and now is where life is, I also look forward to the future rather than ruminating on my past. I anticipate good future consequences. I plan before acting. I set my goals and I choose strategies to reach what I am aiming for. I show compassion to myself when things don't go exactly the way I would like them to.

Growth Mindset

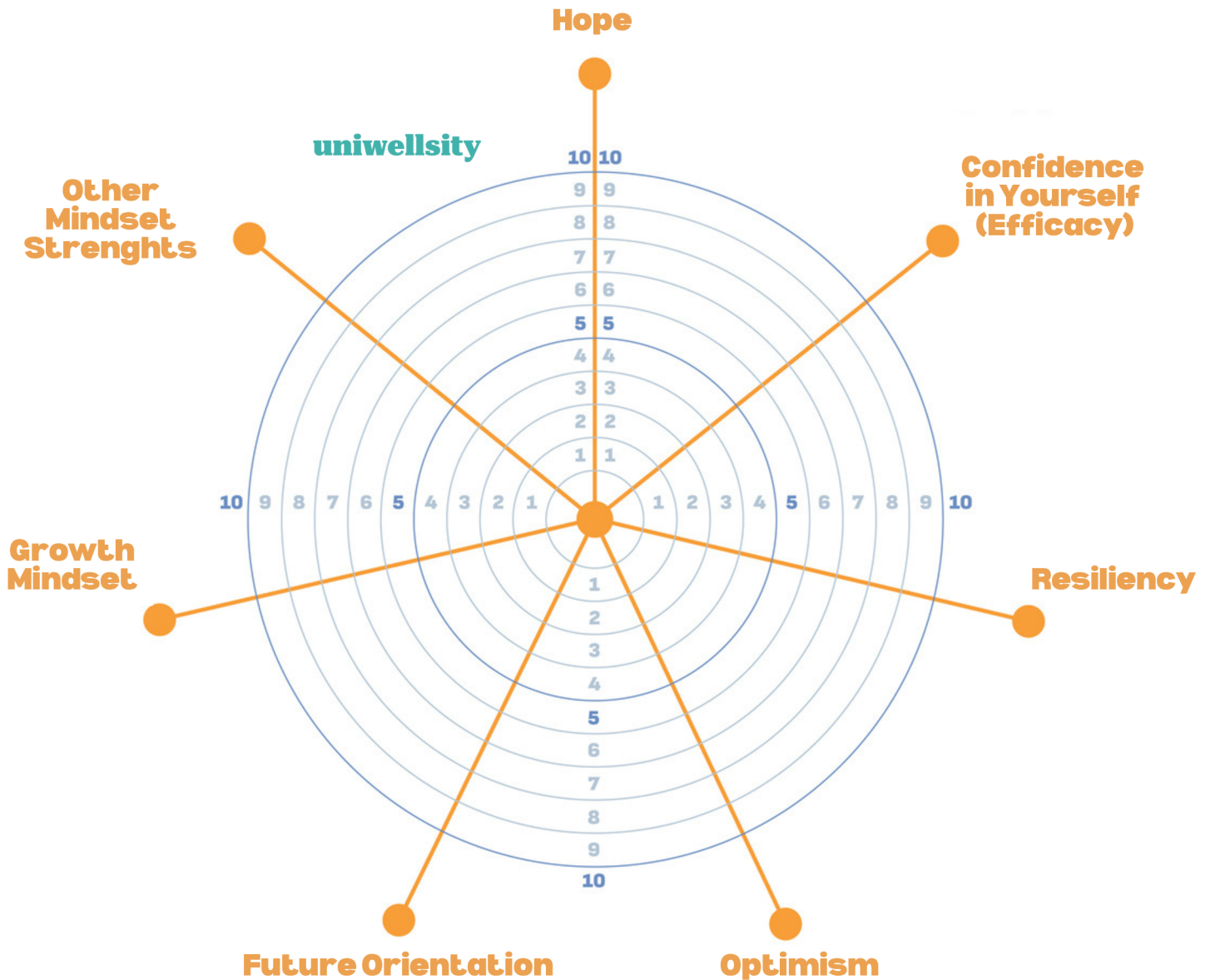
Challenges often make me excited and obstacles make me want to try again. Effort is my way to success. I choose to learn from mistakes and practice constructive criticism. The success of others inspires me.



MY MINDSET

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

HOPE

FUTURE ORIENTATION

CONFIDENCE

GROWTH MINDSET

RESILIENCY

OTHER STRENGTHS

OPTIMISM

My Mindset score out of 60.



YOUR ENVIRONMENT *flower*

High-quality Home Environment

I enjoy spending time at home. I like the design of my home and I actively cocreate good living conditions by keeping my home clean, filtering my tap water, limiting chemical-based products, letting the natural light in, and having plants at home. I ventilate regularly to have fresh air.

High-quality Family Environment

I enjoy spending time in the family environment that my family members and I help to build together. I actively help to co-create a healthy physical family environment and I try to contribute to a great psycho-social climate as well. I help to manage a clean, healthy, and safe family environment as much as I can.

High-quality School Environment

I find the design of school buildings beautiful, and I feel safe, comfortable, and connected to the school community. My university promotes health and actively creates a healthy environment for their students. I am actively co-creating a healthy school environment by sorting my waste and not wasting water, paper, and energy.

High-quality Work and Part-time Job Environment

I enjoy my work environment – its design, clean water, fresh air, good ventilation, natural light, lack of noise, limited exposure to chemicals, and easy access to nature (e.g., parks or trees around the building). I would also say that the psychosocial climate at my work is healthy and supportive.

High-quality Community Environment

I find my community environment healthy and clean, especially when it comes to the infrastructure, air, water, and community waste. I like the buildings; I feel safe and connected to others. I voluntarily separate my waste and help to clean the neighborhood when there is a chance to do so.



YOUR ENVIRONMENT *flower*

High-quality Online Environment

I feel good about the quality of the online content I expose myself to. I pay attention to the quality of the media and the people I follow. I limit my exposure to commercials, and I care for my online identity safety. I mostly use the online environment for education and to connect with my family and loved ones. I limit my time spent on social media and my overall screen time.

Time Spent Outdoors in Nature

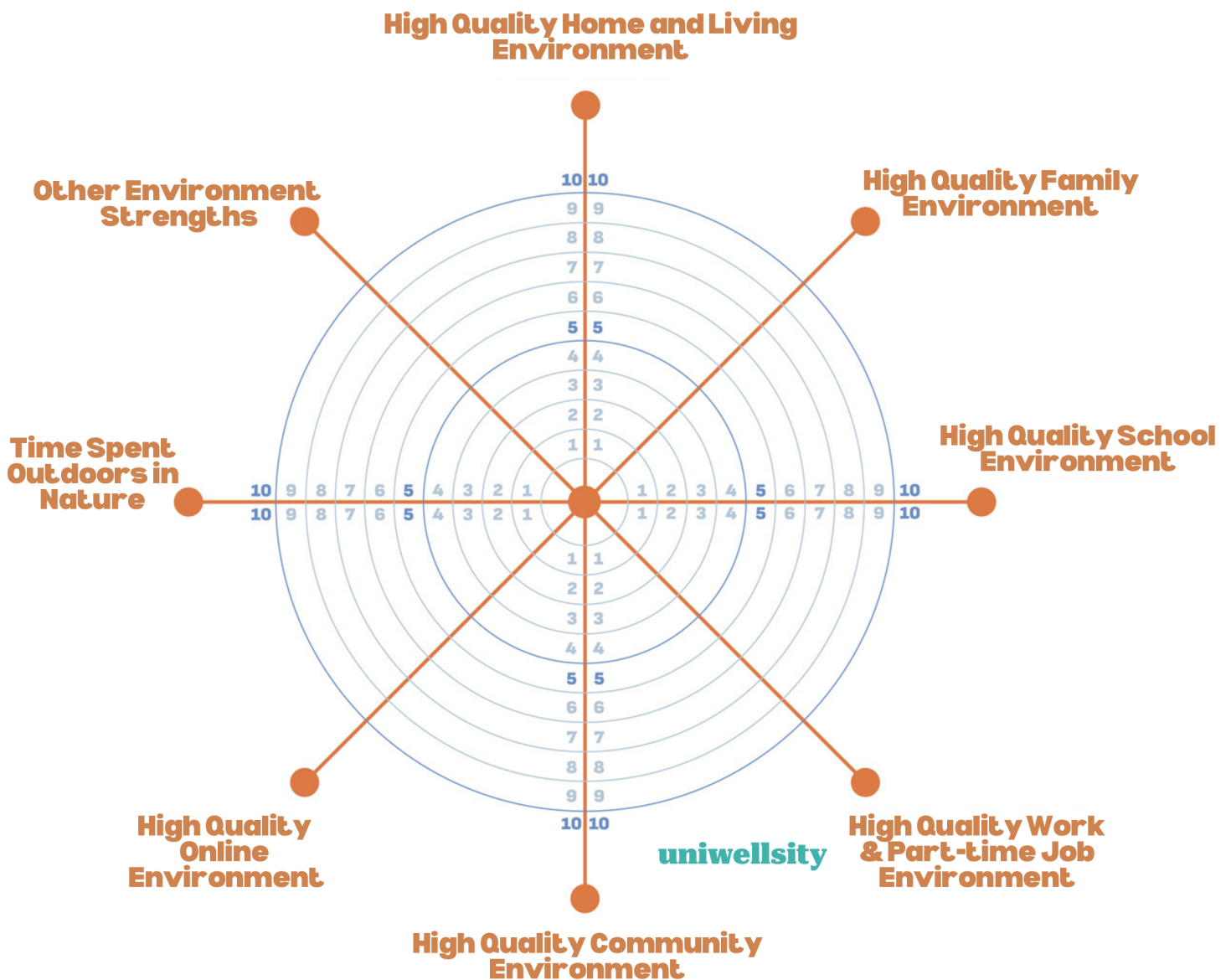
I can access nature easily. I enjoy having plants in my home, in my workplace, and at school. I always make time for spending time in nature in the sunlight, fresh air, near water, or in the woods. I walk in nature or just sit there and enjoy the natural scenery.



MY ENVIRONMENT

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

HOME AND LIVING

FAMILY ENVIRONMENT

SCHOOL ENVIRONMENT

WORK ENVIRONMENT

COMMUNITY ENVIRONMENT

ONLINE ENVIRONMENT

TIME SPENT OUTDOORS

IN NATURE

OTHER STRENGTHS

My Environment score **out of 70.**



YOUR ECONOMIC SECURITY *flower*

Good Income

I am satisfied with my income. I have an ideal financial situation, vision, and plans for my future income and I am doing well on working toward them.

Satisfactory Savings

I am satisfied with my savings. I save some portion of my monthly income regularly before any spending. I have saving plans that help me move toward my ideal economic security vision.

Satisfactory Investments

I am satisfied with my investments. I invest regularly and I keep up with my financial plans and visions.

Proper Expense Management

I track my earnings, savings, and spending. I have financial goals and I plan how to reach them. I balance my spending with my savings and I prioritize investments that are in line with my values.

Financial Literacy

I have satisfactory knowledge of how to manage my finances and how to build economic security for myself. I know where to get more reliable information about finances if needed. I am aware of my income plans and how to reach them and I feel confident with my investments.

Access to Quality Health Care

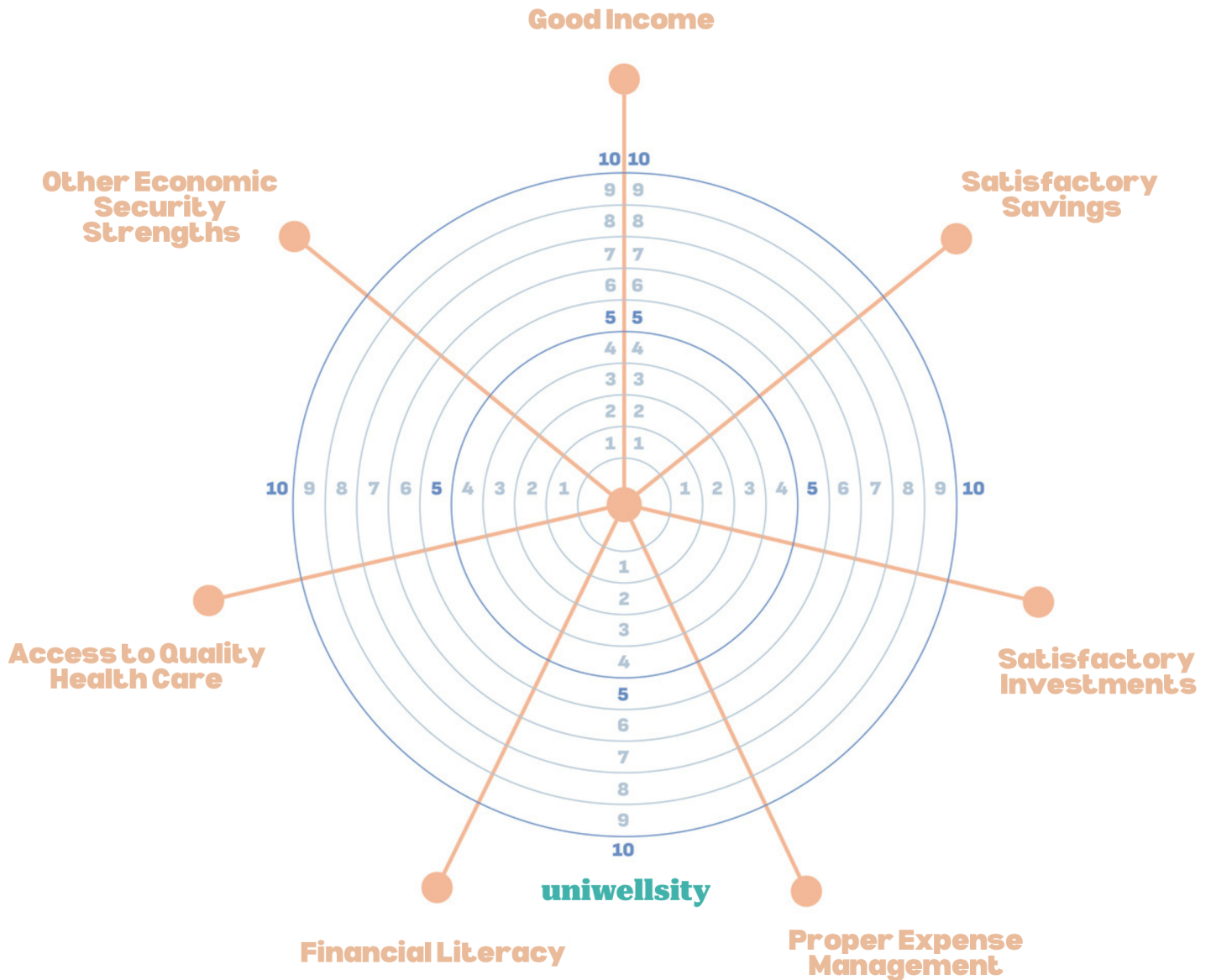
I have access to quality health care. I have high-quality insurance and good health care is always accessible to me physically if needed (I can reach a doctor if needed).



MY ECONOMIC SECURITY

date: _____

M T W T F S S



Write down numbers from the wheel and do the sum.

GOOD INCOME

FINANCIAL LITERACY

SATISFACTORY SAVINGS

ACCESS TO QUALITY

SATISFACTORY INVESTMENTS

HEALTH CARE

PROPER EXPENSE

OTHER STRENGTHS

MANAGEMENT

My Economic Security score

out of 60.



YOUR AUTHENTICITY *flower*

Knowing and Understanding Yourself

I am aware of who I am as a person while realizing that it changes over time and that is ok. I stay curious about my own feelings and thoughts, and I enjoy getting to know myself.

Accepting and Loving Yourself for Who You Are

I appreciate and accept all of me. I know my strengths as well as my weaknesses and I don't judge myself for them. I appreciate who I am, I have self-compassion when things don't go as planned and I practice kind and loving self-talk.

Knowing Your Values and Acting According to Them

I evaluate what is important to me once in a while and I set priorities for myself aligned to that. I also realize that it might change over time, and I change the direction of my focus based on significance.

Knowing Your Passions and Acting According to Them

Even though my schedule can be full sometimes, I am aware of my passions, and I am trying to find time for things I love anytime possible.

Accepting and Processing all Your Emotions

I understand that all my emotions are valid and carry important messages for me. Even though it might be really uncomfortable sometimes, I try to feel negative emotions as well to have them serve me so they can leave.

Saying What You Truly Think

While understanding that it might be appropriate to say exactly what I think sometimes, I always look for ways to express what I feel and think kindly, but unapologetically without changing the context (e.g. I don't agree or do things just to please people while denying how I really feel about things).



YOUR AUTHENTICITY *flower*

Setting Boundaries and Saying No without Guilt

I express clearly what I don't like in my physical boundaries (e.g. Please don't stand this close to me), mental boundaries (e.g. I wish I could help you but I don't have energy to do that right now), time boundaries (e.g. Please deliver me the presentation on time), material boundaries (e.g. Please don't use my hairbrush) and communication boundaries (e.g. Please don't talk to me in this tone).

Being Your True Self in Your Relationships

I know what relationships make me naturally feel safe to be myself and I appreciate those. Even being less relaxed, I still manage to be myself or at least not to deny myself in more formal relationships.

Being Vulnerable

I respect myself, my values, my beliefs, and all of my emotions. I share them with the world even though it may feel scary thinking I might be rejected for them.

Taking Responsibility for Your Actions

I self-reflect and I make decisions to take responsibility for my action, even if letting things would be more comfortable. I show self-compassion to myself for not making things right in the first place and I acknowledge my good intentions.

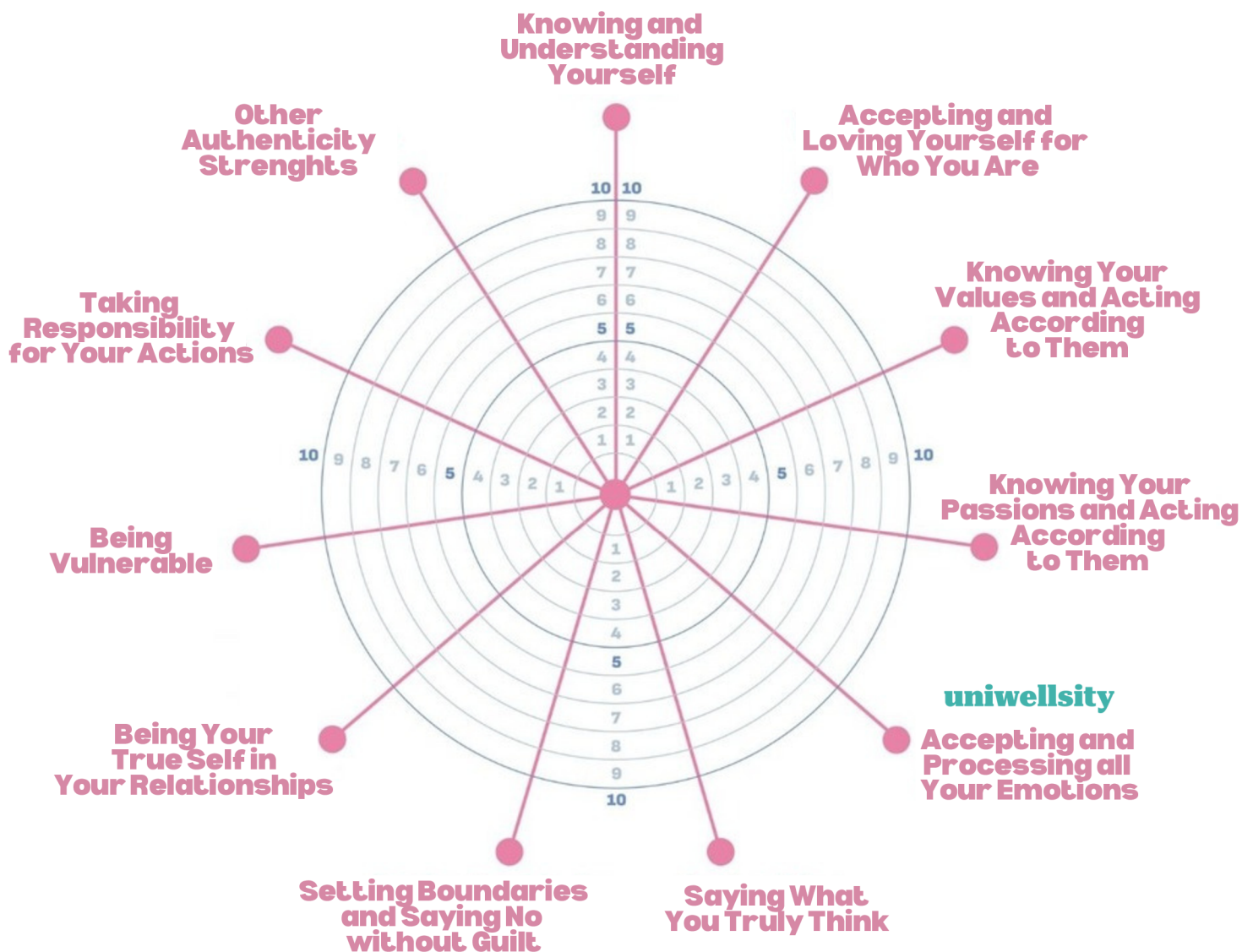


*be
you*



MY *date: _____* AUTHENTICITY

M T W T F S S



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Write down numbers from the wheel and do the sum.

KNOWING & UNDERSTANDING YOURSELF

SETTING BOUNDARIES AND SAYING NO

ACCEPTING & LOVING YOURSELF

BEING YOUR TRUE SELF

KNOWING YOUR VALUES

BEING VULNERABLE

KNOWING YOUR PASSIONS

TAKING RESPONSIBILITY

ACCEPTING & PROCESSING YOUR EMOTIONS

FOR YOUR ACTION

OTHER STRENGTHS

OTHER STRENGTHS

SAYING WHAT YOU TRULY THINK

My Authenticity score **out of 100.**



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