

# The Health and Wellbeing Prism

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- On the next page you will see a prism which has a scoring system relating to 8 important aspects of life.
- Please look at each category and think briefly about each one. On a scale of 1-7, (1 = not satisfied, 7 = completely satisfied), how satisfied are you? Please make a note of your answers.
- It is important you do not take a long time thinking about your answers and note them down quite instinctively.
- We will use the results as a basis for discussion in our meeting so please save a copy of the prism for yourself. We will record your results when we speak.
- Our 1<sup>st</sup> meeting will take about 30-45 minutes so having your results in advance will give us a great head start.

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