Wellbeing Snapshot

Rate the extent to which each of the following statements has been true of you over the **past month.**

	Item	Not at all 0	Somewhat 1	Mostly 2	Always 3
1	I woke up feeling refreshed.				
2	I felt relaxed.				
3	I felt energetic.				
4	My attention has been mainly outwardly focused.				
5	I enjoyed living.				

Purpose

The Wellbeing Snapshot is a 5-item measure of how well a person is functioning in their day-to-day life. This measures their state of being.

The Wellbeing Snapshot is a useful strengths-focused and consumer-centred clinical outcome measure for psychotherapy.

Scoring

A total Wellbeing score is the sum of the 5 items. Wellbeing total scores range from 0 to 15. The Wellbeing Index is the percentage of the total score.

Interpretation

> 74% = wellbeing

> 49% = moderate wellbeing

< 50% = ill-being