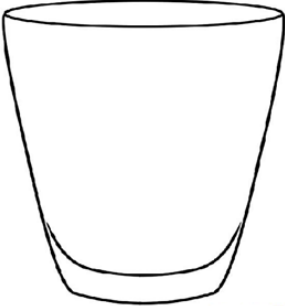
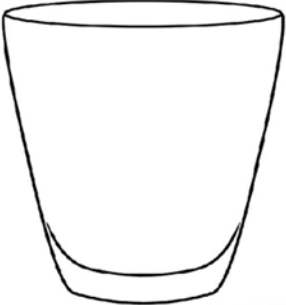

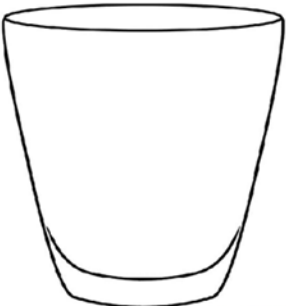
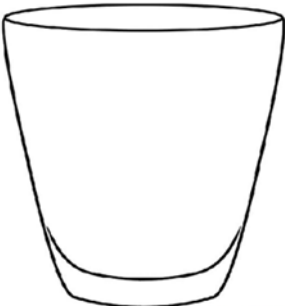
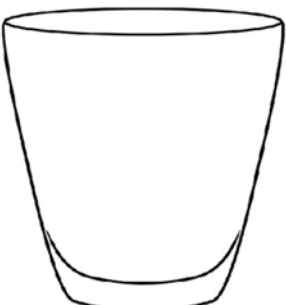
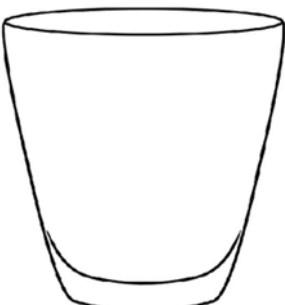


Well-Being Assessment (Carson, 2019)		Having Fun		<i>Happiness; pleasure; delight; contentment; enjoyment</i>
Name:				Notes:
Date:				
Making a Difference		<i>Significance; importance; value; purpose</i>		
		Notes:		
		Growing and Developing		<i>Trying new things; learning; enrichment; evolving</i>
				Notes:
Finding Balance		<i>Balancing rest and engagement; freedom from anxiety, fear and/or boredom</i>		
		Notes:		
		Seeking Freedom		<i>Freedom to move and freedom to choose</i>
				Notes:
Being Me		<i>Being well-known as an individual (what is important to you, your history, your routine)</i>		
		Notes:		
		Being With		<i>Belonging; connected to people, places, nature and pets</i>
				Notes: