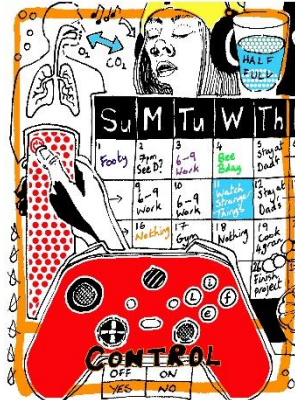


I feel secure in all major areas of my life, such as home or work:



I feel in control of my life most of the time:



I feel I have a status that is acknowledged:

I feel I receive enough attention:



I feel I give enough attention:



I feel part of a wider community:

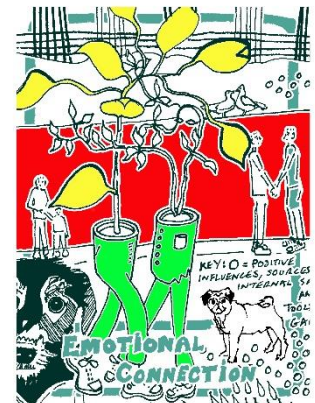


I can obtain privacy when I need to:



I have a close relationship in my life, one where I feel physically and/or emotionally accepted for who I am by at least one person or animal:

I feel I have an emotional connection to others:



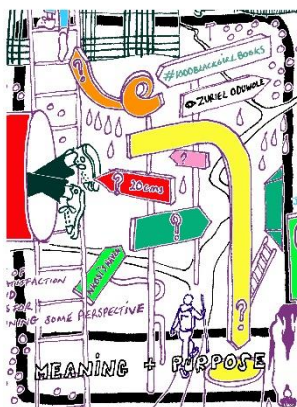
I feel that my efforts are valued:



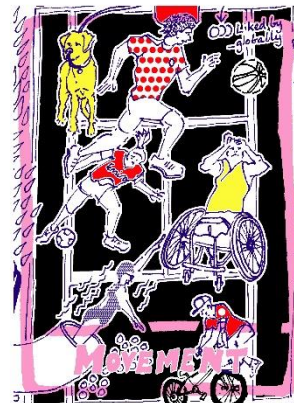
I am achieving and stretched in at least one major area of my life:



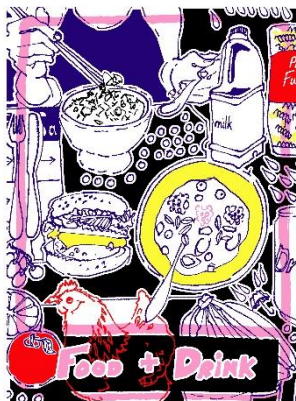
I have a sense of meaning and purpose in my life:



I feel that I am doing enough movement:



I feel that I get energy, nutrition and pleasure from my diet:



I feel rested after sleep:

