

14+ -years

First read the question and then evaluate the thing to be evaluated from each line and tick what you think is the most appropriate number (0-10).

Zero means you are extremely unsatisfied and ten extremely satisfied. At number five, you are not dissatisfied or satisfied.

Thinking of the present time, how satisfied are you with...

1 your state of health

0	1	2	3	4	5	6	7	8	9	10
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2 your ability to overcome life's challenges

0	1	2	3	4	5	6	7	8	9	10
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3 your housing situation

0	1	2	3	4	5	6	7	8	9	10
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4 your ability to carry out daily activities (e.g. studying, working)

0	1	2	3	4	5	6	7	8	9	10
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5 your family

0	1	2	3	4	5	6	7	8	9	10
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6 the number of trusted friends you have

0	1	2	3	4	5	6	7	8	9	10
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7 your financial situation

0	1	2	3	4	5	6	7	8	9	10
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8 your ability to develop your strengths (e.g. by means of an interesting hobby).

0	1	2	3	4	5	6	7	8	9	10
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9 your self-esteem

0	1	2	3	4	5	6	7	8	9	10
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10 your life as a whole

0	1	2	3	4	5	6	7	8	9	10
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Next, write your wishes for how things could be better. Respond to as many points as you like.

How you want to improve your self-esteem:

How you want to improve your health condition:

How do you deal with the difficulties that come up front:

What kind of friendships do you hope for:

What kind of family do you want:

What you want to do in future:

What kind of economic livelihood do you want:

Where and how you want to live:

What things would make you happy with your life?

What you see in the future for your own strength: