



Name

Date

The Umbrella Assessment

Well-being is the positive feeling we have when our mental, emotional, social and physical needs are being met. Well-being acts like an umbrella to protect us from the rain of life and is made up of skills that we can practice and strengthen. Each skill forms a piece of our umbrella and the skills work best together. They help us find meaning in our experiences and are highly predictive of our future success and happiness. Your umbrella is always growing and changing and this check-in will help you to understand which parts of your umbrella are very strong and which parts could get stronger with practice. The strongest umbrellas are made up of a mix of many wellbeing skills and are growing for our whole lives.

Please read the following sentences and choose the answer that best describes you. There are four possible answers:

- 0 - Very seldom or not true of me
- 1 - Seldom true of me
- 2 - Often true of me
- 3 - Almost always true of me

Empathy	0 1 2 3	Kindness	0 1 2 3
1. I am good at understanding the way other people feel.		1. I care what happens to other people.	
2. Before getting upset with somebody, I try to imagine how I would feel if I were in his/her place.		2. When I'm kind to others it makes me feel good.	
3. If I feel I'm right about something, I still take time to listen to other people's arguments.		3. I look for opportunities to be kind to others.	
TOTAL: /9		TOTAL: /9	
Growth Mindset	0 1 2 3	Cognitive Flexibility	0 1 2 3
1. I can greatly change how good I am at almost anything by practicing.		1. I try to use different ways of answering hard questions when the first doesn't work.	
2. I prefer hard challenges over easy ones.		2. I enjoy trying new and unfamiliar things.	
3. I believe I can improve my intelligence through hard work.		3. I find it easy to switch from one task to another.	
TOTAL: /9		TOTAL: /9	
Grit	0 1 2 3	Authenticity	0 1 2 3
1. Even when things get hard, I don't give up.		1. It is easy for me to tell people what I feel.	
2. I try to stick with problems until I solve them.		2. I am happy with the kind of person I am.	
3. I finish whatever I begin.		3. When I'm with friends, it's easy to be myself.	
TOTAL: /9		TOTAL: /9	
Self Compassion			0 1 2 3
1. When I handle things the wrong way, I remind myself that everybody makes mistakes from time to time.			
2. When things are going badly for me, I see the difficulties as part of life that everybody goes through.			
3. When I'm feeling down, I try to observe my feelings with curiosity instead of fixating on everything that's wrong.			
		TOTAL: /9	



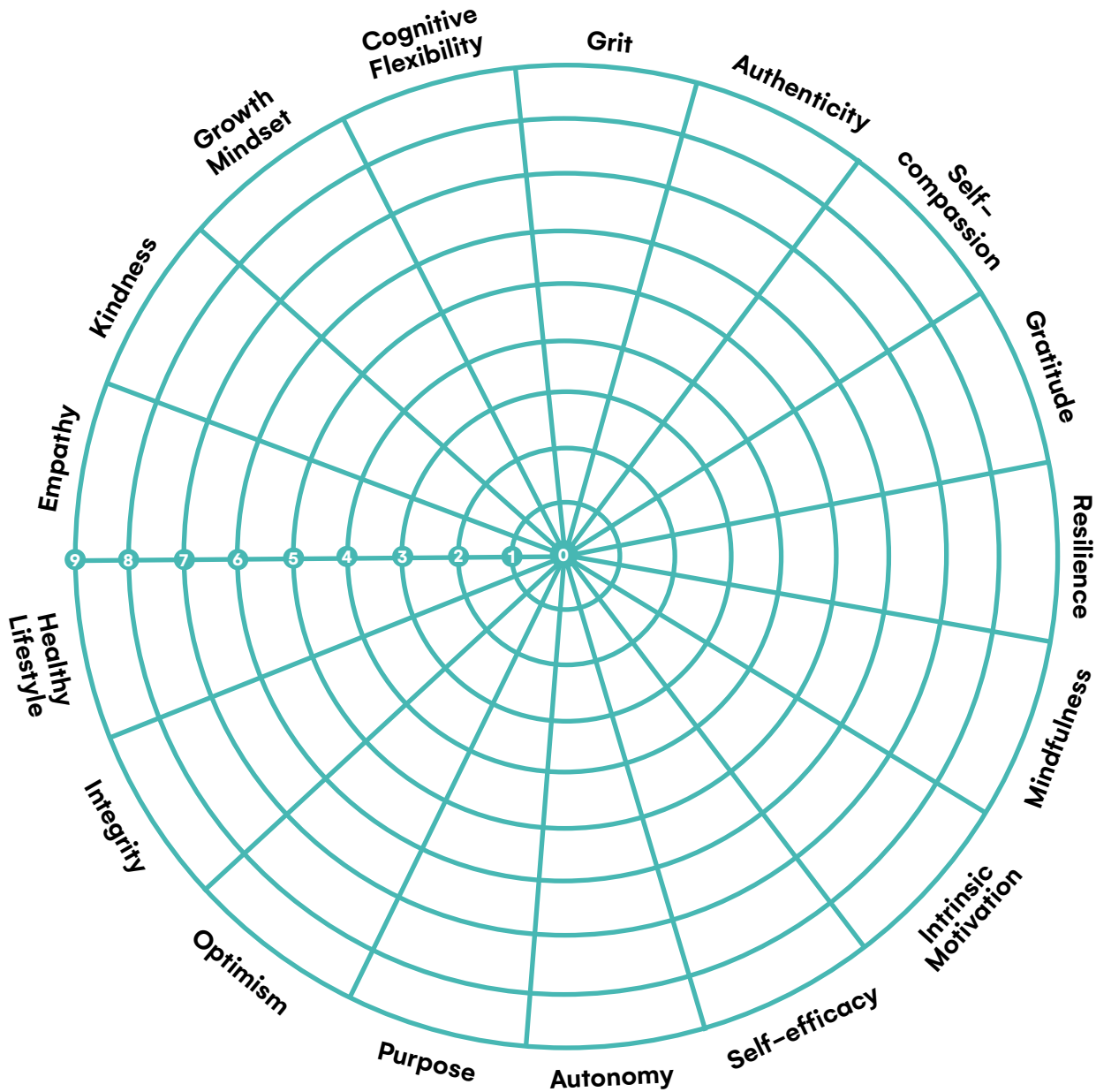
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<p>Gratitude</p> <p>0 1 2 3</p> <p>1. When I look at my life, I am thankful for many things.</p> <p>2. I recognize and appreciate what others do for me.</p> <p>3. I often express how thankful I am.</p> <p>TOTAL: /9</p>	<p>Resilience</p> <p>0 1 2 3</p> <p>1. When something bad happens, I am able to quickly bounce back and move on.</p> <p>2. I see difficulties as temporary and expect to overcome them.</p> <p>3. I can stay calm when I am upset.</p> <p>TOTAL: /9</p>
<p>Mindfulness</p> <p>0 1 2 3</p> <p>1. I tend to think more about what is happening in the moment than the past and the future.</p> <p>2. When someone asks me how I'm feeling I can usually identify my emotions.</p> <p>3. I try to deal with my feelings when they come up instead of distracting myself or putting them out of my mind.</p> <p>TOTAL: /9</p>	<p>Intrinsic Motivation</p> <p>0 1 2 3</p> <p>1. I do many activities just for the fun of it.</p> <p>2. I like solving problems.</p> <p>3. I look forward to going to school/work.</p> <p>TOTAL: /9</p>
<p>Self-efficacy</p> <p>0 1 2 3</p> <p>1. I am confident that I can solve most problems if I really try.</p> <p>2. I can usually handle whatever comes my way.</p> <p>3. I will be able to achieve most of the goals I have set for myself.</p> <p>TOTAL: /9</p>	<p>Autonomy</p> <p>0 1 2 3</p> <p>1. I take responsibility for my learning.</p> <p>2. My success is a result of my own efforts.</p> <p>3. I am good at making decisions that align with who I really am.</p> <p>TOTAL: /9</p>
<p>Purpose</p> <p>0 1 2 3</p> <p>1. My life has meaning.</p> <p>2. I believe I can have a positive impact.</p> <p>3. Life to me seems exciting.</p> <p>TOTAL: /9</p>	<p>Optimism</p> <p>0 1 2 3</p> <p>1. I think that most things I do will turn out okay.</p> <p>2. My past experiences have prepared me well for the future.</p> <p>3. Even when others get discouraged, I know I can find a way to solve the problem.</p> <p>TOTAL: /9</p>
<p>Integrity</p> <p>0 1 2 3</p> <p>1. I follow through on my promises.</p> <p>2. I try to always tell the truth.</p> <p>3. I wouldn't lie or cheat just to be more successful.</p> <p>TOTAL: /9</p>	<p>Healthy Lifestyle</p> <p>0 1 2 3</p> <p>1. I give my body the things it needs to thrive like lots of healthy food and water.</p> <p>2. I take time to have fun and relax.</p> <p>3. I move my body a lot and get plenty of fresh air and exercise.</p> <p>TOTAL: /9</p>

When you have completed your Umbrella Assessment, print the umbrella and colour the total for each skill on the matching section of your umbrella. (Please note the umbrella cannot be filled in digitally).



Your Umbrella Check-in



Areas of Strength

- 1.
- 2.

Insights

Opportunities for Growth

- 1.
- 2.