In general, how would you say your health is?
0 – Terrible
7 – Excellent

How much of the time do you feel you are making progress towards accomplishing your goals?
0 – Never
7 – Always

In general, how often do you feel positive?
0 – Never
7 – Always

How often do you become absorbed in what you are doing?
0 – Never
7 – Always

In general, to what extent do you lead a purposeful and meaningful life?
0 – Not at all
7 – Completely

How satisfied are you with your personal relationships?
0 – Not at all
7 – Completely