HERO WELLNESS SCALE Happiness Resilience TM Resilience TM

Please circle **ONE NUMBER** for each question below.

1.	On av	erage,	, during	the la	st 7 DAY	S, how	happy h	ave yo	u felt?		
	0	1	2	3	4	5	6	7	8	9	10
0123Not at all happyMildly happyhappy			Mode	Moderately happy			ighly happ	ру	Extremely happy		
2.	On av	erage,	, during	the la	st 7 DAY	S, how	enthusia	astic ha	ave you	felt?	
	0	1	2	3	4	5	6	7	8	9	10
	ot at all thusiasti	ic en	Mildly nthusiastic	С	Modera	tely enth	nusiastic	е	Highly nthusiasti	ic €	10 Extremely enthusiastic
3.	On av	erage,	, during	the la	st 7 DAY	S, how	resilient	have	you felt?		
	0	1	2	3	4	5	6	7	8	9	10
0 1 2 3 Not at all resilient resilient					Mode	Moderately resilient			Highly resilient Extrem resili		
1											
			_		st 7 DAY		-		-		40
			_				-		-		10
No op	ot at all	1 Mild	2 Ily optimis	3 stic	4 Modera	5 ately opt	6 timistic	7 High	8 hly optimi	9 istic	optimistic
No op	ot at all timistic	1 Mild verage	2 lly optimis	3 stic the la	Modera st 7 DAY	5 ately opt	6 timistic would yo	7 Higi ou rate	8 hly optimi your me	9 istic	optimistic
No op	ot at all timistic	1 Mild verage	2 lly optimis	3 stic the la	Modera st 7 DAY	5 ately opt	6 timistic would yo	7 Higi ou rate	8 hly optimi your me	9 istic	Extremely optimistic wellness: 10 Extremely good
No op	ot at all ottimistic On av ot at all	1 Mild verage	2 lly optimis	3 stic the la	Modera st 7 DAY	5 ately opt	6 timistic would yo	7 Higi ou rate	8 hly optimi your me	9 istic	wellness?
No op	ot at all otimistic On avoid at all od	1 Mild verage, 1 M	2 lly optimis , during 2 lildly good	3 stic the la 3	Modera st 7 DAY	5 ately opt S, how 5 lerately g	6 timistic would you 6 good	7 Hig ou rate 7 Ma	8 hly optimi your me	stic ental 9	wellness?
Nc op	ot at all otimistic On avoid at all od	1 Mild	2 , during 2 lildly good	3 stic the la 3	4 Modera st 7 DAY 4 Mod	5 ately opt S, how 5 lerately g	6 timistic would you 6 good	7 Hig ou rate 7 Ma	8 hly optimi your me	stic ental 9	wellness? 10 Extremely good

