

Start Date:

Answer honestly, based on how your life is actually going on a typical day.

How is your life going?

On a typical day,

My overall physical energy levels are good.....

My body feels comfortable and free from persistent tension or pain.....

I have the physical stamina to do what matters to me.....

My sleep quality is good.....

I wake up feeling rested and restored.....

My evening routine allows me to properly wind down.....

My emotions feel steady and manageable.....

I am able to calm myself when I feel stressed or overwhelmed.....

I recover reasonably quickly after emotional challenges.....

My thinking feels clear and focused.....

I direct my time and energy toward what matters to me.....

I feel mentally engaged, curious, and alive.....

I feel supported by at least one meaningful relationship.....

My interactions with others feel healthy and respectful.....

I feel a sense of connection and belonging.....

I have a strong sense of purpose.....

My actions are aligned with my values.....

I spend my time productively, with suitable periods of rest and relaxation

I am comfortable with my sexuality.....

I feel positive about who I am.....

I don't engage in activities that are harmful to me, such as excessive.....
eating, drinking, gambling, shopping, or pornography.

My home environment promotes my wellbeing.....

I challenge myself in ways that help me grow.....

I enjoy my job/being a student/volunteering - underline and answer one.
(If none apply, score as 0)

Not going well

Could be better

Going OK

Going well

Going great

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Body & Energy

Sleep & Rest

Emotional Calm & Resilience

Mind, Focus & Clarity

Relationships & Connection

Meaning, Values & Purpose

Identify & Self-Care

Environment & Growth

Total: □

Total: □

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WB-24 Total Score: □

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8
WB-24 Total (range 24–120 target ≥100)								
Domains below: (range 3–15 target ≥13)								
Body & Energy								
Sleep & Rest								
Emotional Calm & Resilience								
Mind, Focus & Clarity								
Relationships & Connection								
Meaning, Values & Purpose								
Identity & Self-Care								
Environment & Growth								

24 hours. 24 weeks. 24 questions.

A life beyond your dreams.

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How to Use WB-24

— *A compass, not a diagnosis* —

WB-24 is a total wellbeing self-assessment designed to help you understand how your life is going as a whole and to support steady improvement over time.

It does not measure distress, illness, or dysfunction.
It measures wellbeing.

WB-24 works best for people who feel ready to reflect honestly on their lives — and to be challenged to bring them to a higher level.

When to Use WB-24

WB-24 is intended to be completed once per month, giving you enough time to work on improvement before your next reading.

It is most useful when:

- you are reasonably stable day to day
- you are not in acute crisis
- you are open to learning from what the scores reveal
- you are ready to experience some discomfort as part of growth

If you are currently overwhelmed, struggling to function, or experiencing significant distress, it's important to focus on stabilisation and appropriate support first.

WB-24 is a growth tool, not a recovery or crisis tool.

Recovery first. Wellbeing second.

How to Answer the Questions

Read each statement and rate it based on how your life is actually going, not how you wish it were going.
Answer honestly, based on how your life usually goes on a typical day.

There are no right or wrong answers.
Low scores are not failures — they are useful information.

Understanding Your Scores

Higher scores indicate stronger wellbeing.
Lower scores highlight areas that may benefit from attention.

Do not treat your score as a judgement of your worth or value as a person — that is never in question.

Success is the fact that you are using this tool: having the courage to face your life honestly, choose a new direction, and prioritise working on yourself.

Tracking Progress Over Time

WB-24 is most powerful when used consistently.

By recording your scores each month, you can:

- see trends rather than snapshots
- notice what improves naturally
- learn which changes actually help
- identify your stuck points

Face the direction you want to travel. Take one achievable step at a time. A life beyond your dreams comes into view.

Build allies. Develop your resources. Proceed with confidence.

You can connect with like-minded people through the WB-24 community at [WellbeingTrackers.com](https://www.WellbeingTrackers.com).

This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice. If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines. This paper version of this tool is free to use and share – but not alter. Users are solely responsible for their use of this tool. The creator, Gearóid Carey, assumes no responsibility for any consequences arising from its use. Gearóid Carey disclaims all liability for any damages or harm resulting from the use, reference to, or reliance on this tool. This tool is not suitable for children or young adolescents. Older adolescents should only use this tool under the supervision of a responsible adult, such as a parent or legal guardian. This tool is intended as a self-help resource.

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