

Name: _____	Start Date: _____
-------------	-------------------

You may find yourself scoring low on some of these questions — and that’s a good thing. It means you’ve identified an area to work on. This isn’t about where you are right now. It’s about improving each month, even if only by one point, because that’s how a life beyond your dreams is built.

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

	Not going well	Could be better	OK	Going well	Going great		
<i>On a typical day,</i>							
My overall physical energy levels are good.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Body &amp; Energy</i> Total: <input type="text"/>
My body feels comfortable and free from persistent tension or pain.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I have the physical stamina to do what matters to me.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
My sleep quality is good.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Sleep &amp; Rest</i> Total: <input type="text"/>
I wake up feeling rested and restored.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
My evening routine allows me to properly wind down.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
My emotions feel steady and manageable.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Emotional Calm &amp; Resilience</i> Total: <input type="text"/>
I am able to calm myself when I feel stressed or overwhelmed.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I recover reasonably quickly after emotional challenges.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
My thinking feels clear and focused.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Mind, Focus &amp; Clarity</i> Total: <input type="text"/>
I direct my time and energy toward what matters to me.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I feel mentally engaged, curious, and alive.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I feel supported by at least one meaningful relationship.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Relationships &amp; Connection</i> Total: <input type="text"/>
My interactions with others feel healthy and respectful.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I feel a sense of connection and belonging.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I have a strong sense of purpose.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Meaning, Values &amp; Purpose</i> Total: <input type="text"/>
My actions are aligned with my values.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I spend my time productively, with suitable periods of rest and relaxation	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I am comfortable with my sexuality.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Identify &amp; Self-Care</i> Total: <input type="text"/>
I feel positive about who I am.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I don't engage in activities that are harmful to me, such as excessive eating, drinking, gambling, shopping, or pornography.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
My home environment promotes my wellbeing.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	<i>Environment &amp; Growth</i> Total: <input type="text"/>
I challenge myself in ways that help me grow.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
I enjoy my job/being a student/volunteering (underline and answer one).	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="text"/>	
						WB-24 Total Score: <input type="text"/>	

  

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

*24 hours. 24 weeks. 24 questions.  
A life beyond your dreams.*

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.  
For the full disclaimer, visit [www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)  
Copyright © 2026 Gearóid Carey

## 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](http://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.

For the full disclaimer, visit [www.WellbeingTrackers.com](http://www.WellbeingTrackers.com)

Copyright © 2026 Gearóid Carey