

Here is a **Thriving Self-Assessment Checklist** with 50 statements designed to help you reflect on different aspects of thriving. If you agree with a statement, give it **1 point**. If you do not agree with the statement, give it **0 points**. After completing the checklist, review your overall score and identify areas where you might want to focus for growth.

Purposeful Engagement

1. I feel a sense of direction and meaning in my academic pursuits.
2. I engage in activities that help me progress toward my long-term goals.
3. I am passionate about my field of study or career path.
4. I actively participate in academic or extracurricular activities that interest me.
5. I feel connected to the purpose behind my work or studies.
6. I am involved in projects that align with my personal values.
7. I take time to reflect on my academic and personal goals regularly.
8. I have a clear sense of what I want to achieve in the next year or two.
9. I feel confident that my current actions will lead me to my desired future.
10. I seek out new experiences that challenge me to grow and learn.

Resilience

11. I am able to handle setbacks and quickly bounce back.
12. When faced with challenges, I look for solutions rather than dwelling on the problem.
13. I trust my ability to overcome difficulties.
14. I view mistakes as opportunities for learning.
15. I am comfortable adapting to change in my environment.
16. I feel equipped to handle stressful situations.
17. I take responsibility for my actions, even when things don't go as planned.
18. I find strength in difficult circumstances and use them to improve.
19. I regularly evaluate and improve my stress management techniques.
20. I seek feedback from others to help me grow and become more resilient.

Well-Being

21. I maintain a balance between my academic, personal, and social life.
22. I take care of my physical health by exercising regularly.
23. I eat a balanced diet that supports my energy levels.
24. I get enough sleep most nights to feel rested and alert.
25. I make time for relaxation and stress relief activities.
26. I regularly practice mindfulness or meditation.
27. I feel emotionally stable and able to manage my feelings.
28. I prioritize my mental health and seek help when needed.
29. I feel good about the way I manage my overall well-being.
30. I engage in activities that contribute to my personal growth outside of academics.

Connection

31. I feel connected to others in both academic and personal settings.

Adapted from Monica Romeo

32. I have close, meaningful relationships with family and friends.
33. I feel supported by a community of peers or colleagues.
34. I reach out to others for support when I need it.
35. I actively participate in group activities or team efforts.
36. I contribute to my community in meaningful ways.
37. I spend time with people who inspire and motivate me.
38. I make an effort to maintain positive relationships, even when busy.
39. I feel that I belong in my academic or work environment.
40. I engage in social activities that bring me joy and fulfillment.

Self-Care

41. I practice self-compassion when I experience failure or disappointment.
42. I set aside time for myself, even during busy periods.
43. I avoid over-committing and know my limits.
44. I know when to say no to activities that would overextend me.
45. I maintain a routine that supports my physical and emotional health.
46. I engage in hobbies or interests that help me recharge.
47. I prioritize activities that contribute to my happiness.
48. I regularly reflect on my personal needs and well-being.
49. I take regular breaks to prevent burnout.
50. I value and respect my own time and energy.

Self-Assessment Reflection

After completing the Thriving Self-Assessment, take time to reflect on your results. This exercise is an opportunity for growth and self-awareness, so regardless of your score, it's important to approach your reflection with compassion for yourself and an openness to improvement.

41-50: You're Thriving!

You are experiencing a well-rounded sense of balance in various aspects of your life. You likely feel a strong sense of purpose and resilience, manage your well-being effectively, and maintain meaningful connections. People in this range often feel motivated and purposeful in both academic and personal pursuits, and they handle challenges with confidence.

You've created a solid foundation for thriving. It's great to acknowledge your strengths and to continue seeking new ways to engage with your goals and relationships. Keep nurturing these aspects and remember that thriving is an ongoing journey.

31-40: You're Doing Well, but There's Room for Balance

You are navigating life well, but there may be areas where you could benefit from more focus, such as improving your resilience in stressful moments or engaging more deeply with your goals. You're in a strong position, but with small adjustments, you can experience even more balance and fulfillment.

It's normal to go through phases where some areas need more attention than others. Think about where you might be feeling off balance and consider setting small, achievable goals to bring more harmony to those areas. You're doing well, and focusing on these areas will help you continue to grow.

21-30: Opportunity for Growth

You may feel challenged to balance different aspects of thriving, or perhaps one area is demanding more of your attention. This is a great moment to reflect on your priorities and think about where small changes can make a big difference. It's okay to not have everything perfectly balanced right now—self-awareness is key to moving forward.

Everyone goes through times when certain areas of life need more focus. Take this as an opportunity to gently explore where you can create more space for growth, whether that's improving your self-care, building stronger connections, or re-engaging with your academic or personal goals. There's always room to adjust, and you don't have to be perfect—just consistent.

1-20: Focus on Support and Self-Compassion

If you scored in this range, it's a sign that you might be facing some challenges in multiple areas of thriving. Don't be discouraged; this is simply a starting point. It's important to acknowledge that it's okay to need support and to take time for self-care. Growth takes time, and recognizing where you are now is the first step toward progress.

Life can be overwhelming at times, and it's perfectly okay to struggle. What matters most is your willingness to recognize where you need support and to take small steps toward building a more balanced life. You're not alone in this process—reaching out for help, whether through counseling, support groups, or friends, can make a huge difference. Be kind to yourself as you work toward a thriving life.

Adapted from Monica Romeo