www.WellbeingTrackers.com

Wellbeing is your natural state.

Quadrant Tracker

When people feel calm and connected things work out better. When we feel distressed and disconnected from others things get difficult.

Question 1:

Rate yourself on this scale about how distressed or clam you feel.

Distressed Stressed Calm

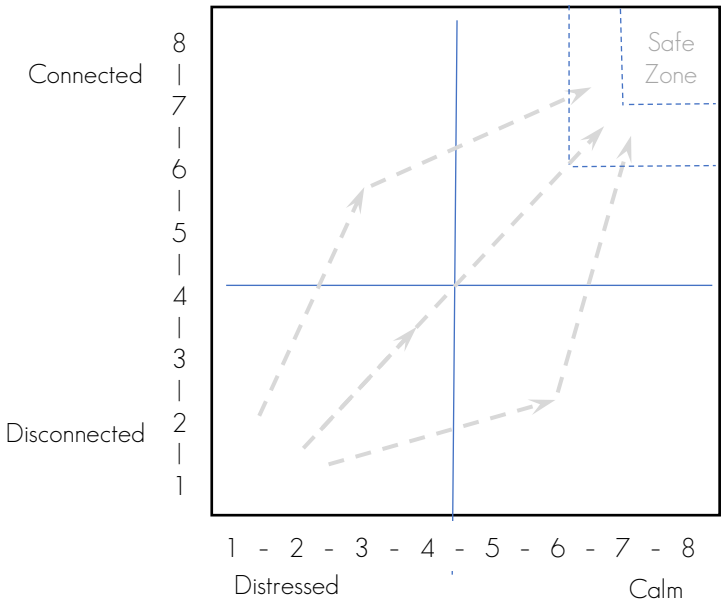
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Question 1:

Rate yourself on this scale about how connected and supported you feel.

Disconnected Connected

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8



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