

# EMPOWERMENT ASSESSMENT

Below are a number of statements about happiness, resilience, and empowerment. Please indicate how much you agree or disagree with each statement.

Please read the statements carefully. Don't take too long over individual questions. There are no "right" or "wrong" answers. The first answer that comes into your head is probably the right one.

## FIRST SURVEY

Complete this survey before you start to use the Be Positively Powerful strategies.

Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
I am generally pleased with the way I am.				
I feel that my life is rewarding.				
I have warm feelings towards most people.				
I wake up in the morning feeling rested.				
I am committed and involved.				
Life for me is generally good.				
I am satisfied about most everything in my life.				
I am generally happy.				
I usually have a cheerful effect on others.				
I can find time for everything I want to do.				
I feel that I am in control of my life.				
I can do most things if I try.				
I can work out my problems.				
If I start to get distressed, I can calm myself.				
I find it easy to make decisions.				
I have fun with other people.				
Others are there for me if I am having a challenge.				
I am generally optimistic about my future.				
If I have a challenge, I can use this to grow.				
I feel my life has meaning and purpose.				
The fact that my life has meaning makes me happy.				

Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
Every day means new hope for me.				
Add the numbers in each column.	Add up the 1's:	Add up the 2's:	Add up the 3's:	Add up the 4's:

Now comes the math. Note that each column has a number—1, 2, 3, 4. For every check you placed in each column, add up the numbers for that column. So if you placed 8 checks in column 4, this would be 32. Then, add all of the numbers together. Then divide by 22, because there are 22 statements. What is your current empowerment score? \_\_\_\_\_.

## 40-DAY WEEK FOLLOW UP SURVEY

After you have diligently tried to implement the Be Positively Powerful strategies for 40 days, complete this survey again. (You do not have to implement the strategies perfectly every day.)

Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
I am generally pleased with the way I am.				
I feel that my life is rewarding.				
I have warm feelings towards most people.				
I wake up in the morning feeling rested.				
I am committed and involved.				
Life for me is generally good.				
I am satisfied about most everything in my life.				
I am generally happy.				
I usually have a cheerful effect on others.				
I can find time for everything I want to do.				
I feel that I am in control of my life.				
I can do most things if I try.				
I can work out my problems.				
If I start to get distressed, I can calm myself.				
I find it easy to make decisions.				
I have fun with other people.				
Others are there for me if I am having a challenge.				
I am generally optimistic about my future.				
If I have a challenge, I can use this to grow.				
I feel my life has meaning and purpose.				

Statement	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
The fact that my life has meaning makes me happy.				
Every day means new hope for me.				
Add the numbers in each column.	Add up the 1's:	Add up the 2's:	Add up the 3's:	Add up the 4's:

Now, do the math again. Add up the numbers in the columns and then add all of the numbers and divide by 22. What is your empowerment score now? \_\_\_\_\_