

WELLBEING INDEX

Client reference: Male, 52 years

Current Average Well-Being Score: 78% (High)

- **Love & Relationships:** 56% (Low)
Measures your openness to giving and receiving love, particularly in close relationships, and your ability to connect deeply without (emotional) barriers.
- **Mind & Heart:** 88% (High)
Reflects on how well your thoughts, emotions, and intuition align, and how openly and clearly you're able to express your inner experiences to others.
- **Limits & Stress:** 84% (High)
Assesses your ability to manage responsibilities with clarity and balance, while respecting your personal boundaries and handling stress effectively.
- **Purpose & Direction:** 85% (High)
Reflects the clarity and inspiration you feel about your life's purpose and direction, and your willingness to embrace growth and meaningful change.
- **Stability & Ability:** 91% (Very High)
Measures your groundedness, energy, and capacity to care for yourself and others while reliably managing daily and larger responsibilities.
- **(Free from) Worrying & Old Pain:** 62% (Medium)
Reflects on how free you are from lingering worries, emotional wounds, or past grief, enabling emotional resilience and a light, open outlook.
- **Embracing & Enjoying Life:** 78% (High)
Captures your vitality, enthusiasm, and capacity to find joy and presence in everyday experiences without being burdened by overthinking.