

Spectra Indigo Mental and Emotional Wellbeing Questionnaire			
	Identifying Development Needs	True	False
1	I know how to manage my emotions		
2	I am optimistic		
3	I understand the power of my mind		
4	I have positive thought patterns		
5	I understand how to make the most of my mental abilities		
6	I understand the impact my thoughts have on my physical wellbeing		
7	I am a good problem solver		
8	I am a good decision maker		
9	I use my creativity positively		
10	I have the willpower and determination to succeed		
	Total		
	My Personal Development Needs		