

Self-Reflection Questionnaire

Thank you for being here. Every now and then its good to check-in on the people in your life. I thought this might be a good way to see how you all are doing.

The goal of this questionnaire is to hear your honest answers and potentially improve things moving forward, so if there is anything I can help out with, just let me know!

On a scale of 1 to 5, in general, how are you feeling today? *

	1	2	3	4	5	
Pretty Lousy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Awesome!

What is something you are thankful for today? *

Short answer text

On a scale of 1 to 5, in general, how do you feel about your school work? *

	1	2	3	4	5	
Pretty Stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Awesome!

What is something fun that you did today or yesterday?

