

100% OWNERSHIP

Get Engaged Activity

How would you score the 'current state' of the following areas of your life out of 8 (0 = I'm very unhappy and very dissatisfied, 8 = I'm very happy and very satisfied).

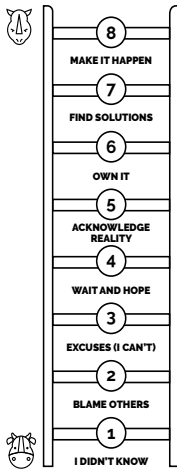
Area of Life	Current State Score (out of 8)	Future State Score (out of 8)
Your relationship with your parent(s)		
The quality of your friendships		
Your relationship with your sibling(s)? (if you have any)		
The level of clarity you have about your future		
Your everyday happiness		
Your performance in school		
The time you spend exploring passions, interests, hobbies		
Your health and wellbeing		

100% OWNERSHIP

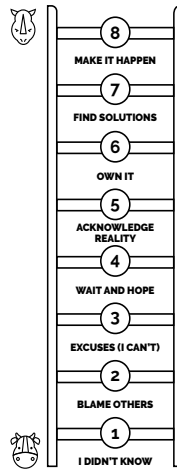
Ownership Ladder

We would now like you to consider each area again, this time considering the level of ownership you are taking for that specific area of your life.

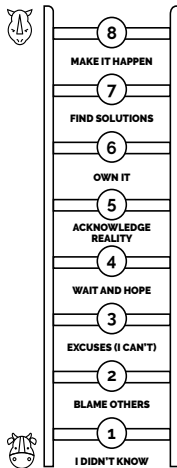
1. Parents



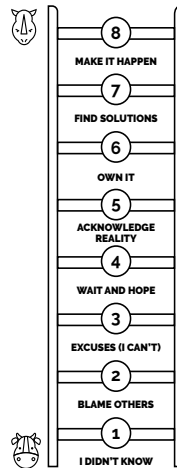
2. Friendships



3. Siblings



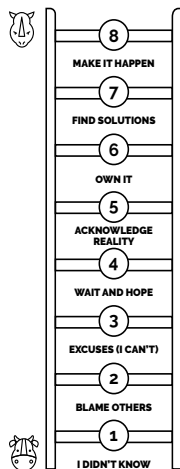
4. Clarity



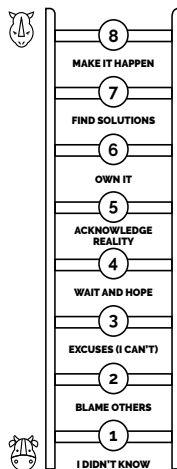
100% OWNERSHIP

Ownership Ladder

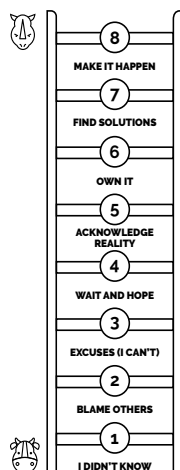
5. Happiness



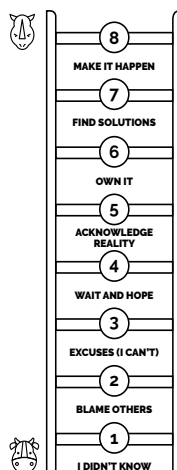
6. Performance



7. Passions & Interests



8. Health & Wellbeing



100% OWNERSHIP

What action do you want to take?

Recognising that the level of ownership we take for our happiness and satisfaction is just the beginning. Take some time to reflect on any actions you might want to take to move up the ownership ladder. Go back to page one and ask yourself what score you want this to be in the future. Then, capture some actions you can take to make this happen.