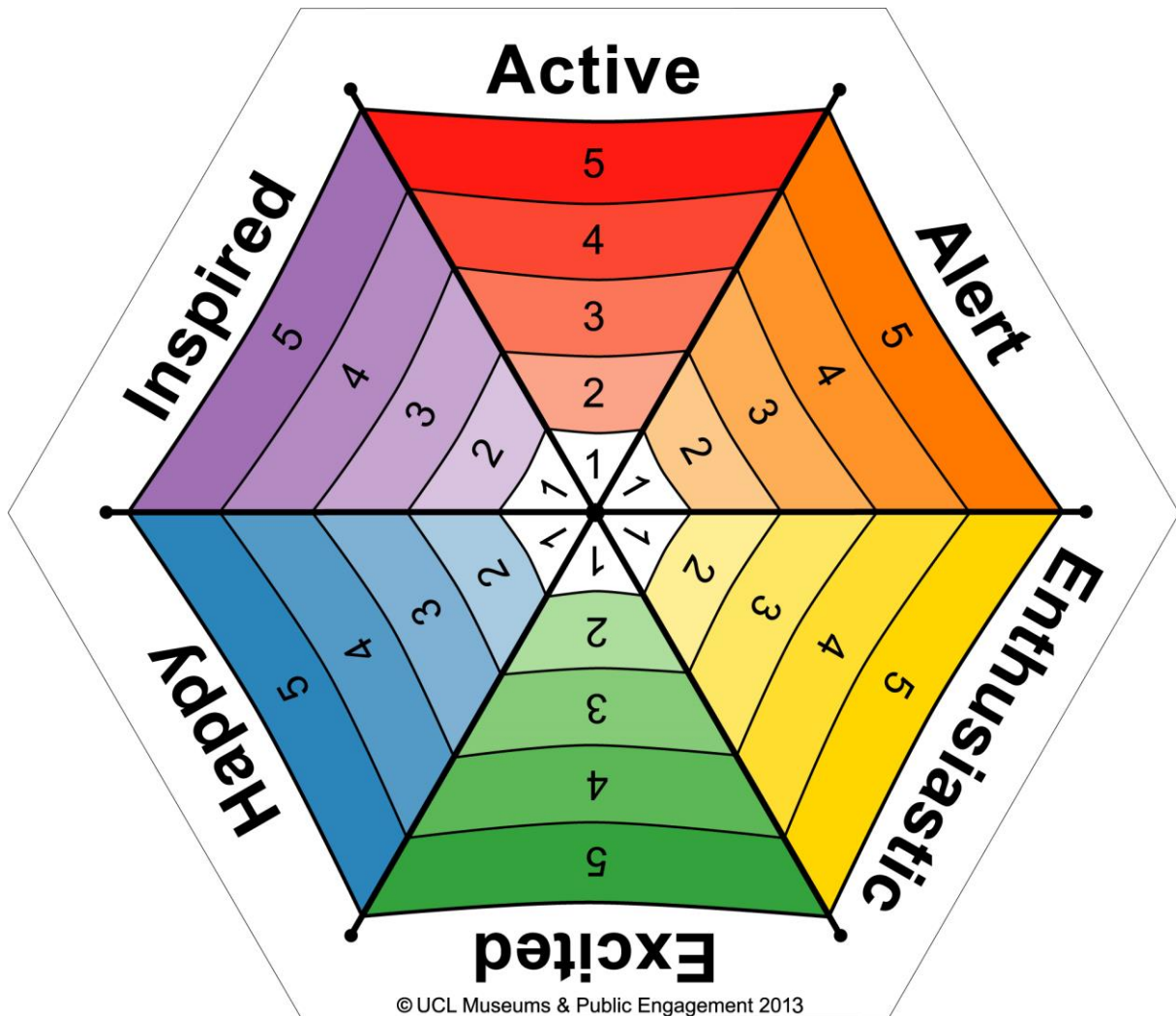


# Positive Wellbeing Umbrella Generic



Six words are printed around the edge of this umbrella. Please score how much you feel each word by circling a number from 1 to 5, e.g. 'Alert', if you feel *fairly* alert, then you should circle 3.

