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**FNDN 102 Orientation survey**

1. What was the quantity and quality of your sleep last night?
	1. Duration – in hours:
	2. b. Quality 1 (poor) - 10 (excellent):
2. When the last time you ate was, and what did you eat?
	1. Time:
	2. List foods and drink:
	3. Fullness ( 1- hungry through 10 - very full):
3. When was the last time you exercised?
	1. Type of activity:
	2. Intensity of the activity:
	3. Duration of the activity:
4. What activity makes you feel alive (what do you do for fun)?
5. What, where & who makes you happy?
	1. What
	2. Where
	3. Who

6. Complete ***The Satisfaction with Life Scale***

*DIRECTIONS: Below are five statements with which you may agree or disagree. Using*

*the 1-7 scale below, indicate your agreement with each item by placing the appropriate*

*number in the line preceding that item. Please be open and honest in your responding.*

1 = Strongly Disagree

2 = Disagree

3 = Slightly Disagree

4 = Neither Agree or Disagree

5 = Slightly Agree

6 = Agree

7 = Strongly Agree

\_\_\_\_\_\_1. In most ways my life is close to my ideal.

\_\_\_\_\_\_2. The conditions of my life are excellent.

\_\_\_\_\_\_3. I am satisfied with life.

\_\_\_\_\_\_4. So far I have gotten the important things I want in life.

\_\_\_\_\_\_5. If I could live my life over, I would change almost nothing

*Total Score \_\_\_\_\_\_\_\_\_\_\_ (add all the scores together for a total score, see Scoring the Life Satisfaction Scale document in the drop box for ratings)*

1. What makes you stressed?
2. What do you do to distress, or recharge your emotional energy?
3. Describe your family (high light in yellow)
	1. warm or cool
	2. funny or serious
	3. religious or non-religious

1. If you needed help at 3 AM in the morning who would you contact for help?
2. Who or what are you committed to?
3. “What do you lift that is heavy” (it costs you in time, effort, or money)?
4. “What gets you out of bed in the morning”? What is your purpose in life?
5. What or who would you die for?
6. Where do you spend most of your time in the digital world: content and/or apps?
7. Who do you want to be in the future? What are the primary challenges you face accomplishing your future self?