



## TEACHER WELLBEING AUDIT

### How well do you support your wellbeing at work?

Complete the following survey to determine which areas of Martin Seligman's 5 pillars of wellbeing (PERMA) are strongest and which may need the more attention.

Visit [www.teacher-wellbeing.com.au](http://www.teacher-wellbeing.com.au) for tools on how to address these areas and more.

Statements about our school.... (circle your response)			Always	Sometimes	Rarely
P	1	I often experience positive emotions at work such as joy, excitement and happiness	3	2	1
P	2	I am able to track the good stuff by either sharing it with others or writing it down myself	3	2	1
P	3	I frequently give positive feedback to both staff and students to recognize effort and achievements	3	2	1
P	4	I am able to receive positive feedback from others when they notice I have done a great job	3	2	1
P	5	I have the ability to manage my emotions in times of stress using specific strategies that do not impact negatively on others	3	2	1
E	6	I am aware and have identified my top 5 character strengths	3	2	1
E	7	I frequently plan ways to use my top 5 character strengths	3	2	1
E	8	I am able to spot character strengths in others and help them use them	3	2	1
E	9	I feel in the 'flow' in my classroom various times throughout the week	3	2	1
E	10	I frequently use language that promotes a strength-based mindset	3	2	1
R	11	I feel strongly supported by at least 2 other staff members at school	3	2	1
R	12	I feel supported by the school executive with a strong sense of belonging	3	2	1
R	13	I am able to connect well with students and their parents to form great relationships	3	2	1
R	14	I offer frequent support to others with care, concern and compassion	3	2	1
R	15	I am able to ask for help or support when I need it most	3	2	1
M	16	I feel as my job has meaning and purpose on daily bases	3	2	1



M	17	I practice mindfulness at various time throughout the day	3	2	1
M	18	I often remind myself of why I entered teaching and what I love about it to stay motivated and not get caught up in the small stuff	3	2	1
M	19	I am mindful of my own actions and behaviour to be the best role model I can be for fellow staff and students	3	2	1
M	20	I am aware of my core values as a teacher and live these every day	3	2	1
A	21	I frequently set myself small goals each day or week and set about achieving them	3	2	1
A	22	I frequently celebrate my achievements with small rewards and sharing them with others	3	2	1
A	23	I frequently stop and reflect on everything I have achieved in a term and give myself a pat on the back	3	2	1
A	24	I have a clear vision of the type of teacher I want to be and how to be it	3	2	1
A	25	I recognize I am working as part of a larger team and strive to support the school vision	3	2	1
	26	Overall, I love my job and love coming to work	3	2	1
	27	Overall, I know I am good at my job and do it well	3	2	1
	28	Overall, I feel supported by my school community	3	2	1
	29	Overall, I know I am making some valuable contributions to others	3	2	1
	30	Overall, I have contributed to some great achievements in my role	3	2	1
		<b>TOTAL</b>			

### **So, how did you go?**

Add each column at the bottom

Add across the subtotal of each column to give you a score out of 90

### **If you scored;**

**75 - 90** – Congratulations, you frequently use strategies to support your wellbeing. Keep doing what you are doing. Maybe even share some of your strategies with others through mentoring.

**50 - 74** – It is great you are using some strategies to support your wellbeing, perhaps you could try a few more to ensure you have more consistent energy throughout the week.

**0 – 49** – Have you heard the saying, put on your own oxygen mask before giving one to others? It is time for you to do somethings for yourself. Checkout [www.teacher-wellbeing.com.au](http://www.teacher-wellbeing.com.au) for specific strategies you can use to be the best teacher for your students you can be.