

The CALMER Parent Wellbeing Model™

Audit Questionnaire

Answer each audit question and mark the column that best fits with your current level of wellbeing as a parent. Remember, there are no right or wrong answers, just your own truth. This is a subjective measure. This is not a psychological assessment.

How to score your level of wellbeing:

For each audit question, over the last few months how frequently have you had the following experiences? Give yourself a rating out of six.

Where one, you never experience this and six you always experience this. You are encouraged to provide further comment, this will give you more context and assist you when you re-visit these questions later.

Question	1	2	3	4	5	6	Further comment
I am being the parent I wish to be.							
I feel like I am enough.							
I prioritise my basic needs (nutrition, movement, sleep).							
I live by my core values.							
I have a positive wellbeing habit.							
I have a sense of meaning in what I do.							
I have made mistakes and learnt from them.							
I add the word 'yet' to things I can't do.							
I am learning a new skill.							
I can focus, despite a busy mind – I don't get overwhelmed.							
I can stay calm when my kids are being difficult.							
I am open to feeling uncomfortable emotions.							
I experience joy at least once every day.							
I know and utilise one of my key strengths every day.							
I experience a sense of flow in my day – that is, I feel I am in the zone.							
I am supported by the people in my life.							
I have a curious mindset when it comes to understanding why people in my life do what they do.							
I have quality time with people who make me feel good.							