

## SLLM Assessment

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CARD TYPE

Title card

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TITLE

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IMAGE LINK

<https://cdn1.7taps.com/Production/37159/2c1e02a3-a243-4eb9-9858-9a6ce907fb0c>



## Quick snapshot.

This 3 minute tool is designed to help you get a snapshot across key life areas addressed in this course.

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### CARD TYPE

Basic card

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### TITLE

Quick snapshot.

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### DESCRIPTION

This 3 minute tool is designed to help you get a snapshot across key life areas addressed in this course.

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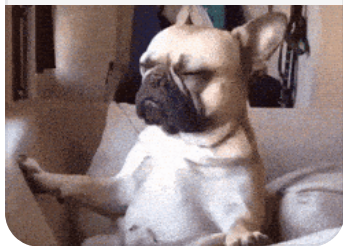
### IMAGE LINK

<https://media2.giphy.com/media/v1.Y2lkPTkyMGJiMmUweJRSM2M0eTVzaTBucWdleGZ6bG82M3BvcGdudWU4OWhyYWVibWF3NyZlcD12MV9naWZzX3NIYXJjaCZjdD1n/22yzOBSk02ZopL0WpN/giphy.gif>

**Take it with a relaxed mind.**

Don't worry about the wording—just give your overall honest impression in each area of your life.

There's no right answer. Try not to overthink.



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Basic card

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DESCRIPTION

**Take it with a relaxed mind.**

Don't worry about the wording—just give your overall honest impression in each area of your life.

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IMAGE LINK

<https://media1.giphy.com/media/v1.Y2lkPTk5MGIiMmUwM2RqNTNhbmM4d2drMHdyZmZ0N3Vtdm9yYm85ZWZmZmRpanYyYXd6ZCZlcD12MV9naWZzX3NIYXJjaCZjdD1n/9u5SmANTz7zIQ/giphy-downsized.gif>



The topics covered in this assessment will be reviewed in detail in the course.

*Note: You'll get to do this one more time at the end.*

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Basic card

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<https://media2.giphy.com/media/v1.Y2lkPTkyMGJiMmUwdzYyZWVvcG0xOXI2emd1cWNsbGo2ZnM3N2FjbWU0dHN6MzJpMnoveCZlcD12MV9naWZzX3NiYXJjaCZjdD1n/3o7TKUM3lgJBX2as9O/giphy.gif>

## PRIVACY NOTE.

All polls, quizzes, responses and data throughout this micro challenge are anonymous.

You will see aggregate responses in certain places (*kind of fun to see how others answered*).

This data helps you learn, helps us see how the community as a whole is doing, and how we can serve you better.

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### CARD TYPE

Basic card

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### TITLE

PRIVACY NOTE.

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### DESCRIPTION

All polls, quizzes, responses and data throughout this micro challenge are anonymous.

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### IMAGE LINK

<https://images.unsplash.com/photo-1569087682520-45253cc2e0ee?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjI8MHwxHNIYXJjaHwyfHxhbm9ueW1vdXN8ZW58MHx8fHwxNzU1Mjc5Mjc3fDA&ixlib=rb-4.1.0&q=80&w=1080>

## Screen time

The way I use my phone supports my goals and wellbeing.



Optional: type your response to elaborate on your rating.

> Send

CARD TYPE

Rate

TITLE

**Screen time**

The way I use my phone supports my goals and wellbeing.

RATING TYPE

Stars

IMAGE LINK

<https://images.unsplash.com/photo-1514810771018-276192729582?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjl8MHwxFHNIYXJjaHwyNXx8Y2FsbXxlbmwxfHx8fDE3NTA3NDk0MDI8MA&ixlib=rb-4.1.0&q=80&w=1080>

## Sleep

I know how to improve the amount and quality of my sleep.



Optional: type your response to elaborate on your rating.

> Send

CARD TYPE

Rate

TITLE

**Sleep**

I know how to improve the amount and quality of my sleep.

RATING TYPE

Stars

IMAGE LINK

<https://images.unsplash.com/photo-1735585142563-1fea15aba663?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjl8MHwxfgGFsbHw0MXx8fHx8fHx8MTc1MDc3NzlyM3w&ixlib=rb-4.1.0&q=80&w=1080>



## Productivity

I know what it takes to improve my productivity.



Optional: type your response to elaborate on your rating.

➤ Send

CARD TYPE

Rate

TITLE

**Productivity**

I know what it takes to improve my productivity.

RATING TYPE

Stars

IMAGE LINK

<https://images.unsplash.com/photo-1538248814128-02e1bd877c01?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjl8MHwxflHNiYXJjaHwyM3x8Y2FsbXxlbmwxfHx8fDE3NTA3NDk0MDI8MA&ixlib=rb-4.1.0&q=80&w=1080>

## Stress Management

I have the knowledge and skills to manage my emotional health most of the time.



Optional: type your response to elaborate on your rating.

➤ Send

CARD TYPE

Rate

TITLE

**Stress Management**

I have the knowledge and skills to manage my emotional health most of the time.

RATING TYPE

Stars

IMAGE LINK

<https://images.unsplash.com/photo-1742730710069-047fd04afb28?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjl8MHwxfgGFsbHw0Mnx8fHx8fHx8MTc1MDc3NzlyM3w&ixlib=rb-4.1.0&q=80&w=1080>

## IRL Connections

I know how to get the most out of my personal relationships.



Optional: type your response to elaborate on your rating.

> Send

CARD TYPE

Rate

TITLE

**IRL Connections**

I know how to get the most out of my personal relationships.

RATING TYPE

Stars

IMAGE LINK

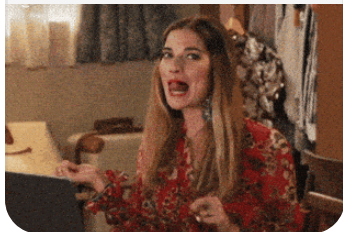
<https://images.unsplash.com/photo-1444044205806-38f3ed106c10?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3wyMDYwNjl8MHwxFHNIYXJjaHwyOXx8Y2FsbXxlbmwxfHx8fDE3NTA3NDk0MDI8MA&ixlib=rb-4.1.0&q=80&w=1080>

**That's it!** 🙌

You're set.

Are you getting excited?  
The kickoff lesson is  
coming right up!

Lesson 1 drops on October  
6th.



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Basic card

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