



Activate Your Healing Compass®

Quality of Life Assessment

Measuring Your Healing Journey

Complete this assessment before watching the pre-retreat video and again at the end of the 5-day mini-retreat.

About This Assessment

The Healing Compass Assessment measures six key dimensions of wellbeing that support your healing journey. This tool helps you identify your current strengths and areas where you might focus your healing energy. Whether you're just beginning treatment, in active care, or focusing on survivorship, this assessment honors wherever you are in your unique journey.

A Gentle Reminder

Taking this assessment is an act of courage and self-compassion. It's completely normal to experience a range of emotions as you reflect on your healing journey—you might feel hopeful, overwhelmed, sad, proud, or uncertain. All of these responses are valid and expected.

Remember that this is a snapshot of where you are today, not a judgment of who you are or your healing process. Your cancer journey is unique, and there are no "right" or "wrong" answers. Some days will feel stronger than others, and that's part of being human.

If any question feels too difficult or triggering, it's okay to skip it or take a break. You can always return to complete the assessment when you feel ready. Consider having a support person nearby or planning something nurturing for yourself afterward.

Instructions

To measure your progress, please rate each statement on a scale from 0 to 4 based on how true it feels for you right now.



Support and Community

This section explores your ability to create and maintain supportive connections during your healing journey. Strong support networks are vital for emotional resilience and practical assistance throughout your healing journey.

1. I can create a sense of community around my healing journey

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

2. I know how to create an inner sense of support and companionship when I'm by myself

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

3. I can create meaningful connections with others during my cancer journey

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

4. I can build the support network I need for my healing

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

5. I am clear about the support I need for navigating my healing process

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

6. I feel comfortable expressing my needs and feelings when I need help

☐ Not at all ☐ A little bit ☐ Somewhat ☐ Quite a bit ☐ Always

Support and Community: Add items 1-6 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always



Connection to Your Inner Healing Wisdom and Guidance

This section assesses your relationship with your inner wisdom and intuition. Trusting your inner guidance can help you navigate treatment decisions and maintain a connection with your authentic self throughout your healing journey.

7. I trust my inner wisdom to guide me in my healing journey

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

8. I feel connected to my core/essential self despite my cancer diagnosis

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

9. I can access inner guidance when facing difficult decisions about my healing process

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

10. I can distinguish between my own inner voice and external pressures

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

11. I feel connected to my body's innate capacity to heal

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

12. I can sense what feels congruent or incongruent to my healing process

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

Inner Healing Wisdom: Add items 7-12 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always



Self-Efficacy and Personal Agency

This section measures your sense of personal empowerment and belief in your ability to influence your healing outcomes. It focuses on your capacity to advocate for yourself and actively participate in your care decisions.

13. I believe I have the capacity to heal

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

14. I feel capable of steering my healing in the direction I choose

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

15. I am effective at expressing my needs to family, friends, and healthcare providers

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

16. I take responsibility for the aspects of healing that are within my control

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

17. I can influence my healing outcomes through my choices and actions

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

18. I actively participate in decisions about my treatment plan

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

Self-Efficacy & Personal Agency: Add items 13-18 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always



Resilience and Personal Empowerment

This section focuses on your ability to adapt and bounce back from challenges while maintaining your sense of identity. It explores your capacity for emotional regulation and inner strength during difficult times.

19. I am able to bounce back from difficult cancer-related experiences

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

20. I have the tools I need to navigate my cancer experience from a place of personal empowerment

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

21. I can adapt to changes in my health situation

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

22. I can access my inner resilience during difficult times

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

23. I can access a sense of inner calm even during challenging experiences

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

24. I can maintain my sense of identity beyond being a cancer patient

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

Resilience & Personal Empowerment: Add items 19-24 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always



Mental, Emotional, Physical, and Energetic Wellbeing

This section assesses your overall well-being across multiple dimensions. It explores your ability to process difficult emotions, maintain focus on healing activities, and effectively manage your energy.

25. I am equipped to deal with the mental, emotional, and physical aspects of the cancer journey

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

26. I have healthy ways to process difficult emotions about my illness

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

27. I can maintain focus on activities and thoughts that support my healing

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

28. I can protect my energy in situations and environments that feel draining and challenging

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

29. I can stay present with difficult feelings or thoughts without being overwhelmed

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

30. I have the energy I need to be proactive in my healing process

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

Mental/Emotional/Physical/Energetic Wellbeing: Add items 25-30 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always



Spiritual Wellbeing

This section explores your sense of meaning, purpose, and connection to something larger than yourself. It honors diverse spiritual and secular perspectives on finding hope and purpose during your healing journey.

31. I can see the meaning and lessons within my cancer journey

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

32. I feel connected to my higher/spiritual self as I navigate the cancer journey

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

33. I feel connected to and guided by something larger than and beyond myself

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

34. I am able to celebrate and enjoy life despite my diagnosis

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

35. I feel hopeful about my future

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

36. I can envision a meaningful future beyond cancer

☐

Not at all

☐

A little bit

☐

Somewhat

☐

Quite a bit

☐

Always

Spiritual Wellbeing: Add items 31-36 = ____ (Range: 0-24)

0 = Not at all, 1 = A little bit, 2 = Somewhat, 3 = Quite a bit, 4 = Always

How to Calculate Your Scores

Individual Section Scores:

1. **Support and Community:** Add items 1-6 = ____ (Range: 0-24)
2. **Inner Healing Wisdom:** Add items 7-12 = ____ (Range: 0-24)
3. **Self-Efficacy & Personal Agency:** Add items 13-18 = ____ (Range: 0-24)
4. **Resilience & Personal Empowerment:** Add items 19-24 = ____ (Range: 0-24)
5. **Mental/Emotional/Physical/Energetic Wellbeing:** Add items 25-30 = ____ (Range: 0-24)
6. **Spiritual Wellbeing:** Add items 31-36 = ____ (Range: 0-24)

Total Score: Add all 36 items = ____ (Range: 0-144)



Using Your Results

- **Pre-Retreat:** Identify which areas represent your most significant growth opportunities
- **Post-Retreat:** Celebrate improvements and note areas for continued focus
- **Goal Setting:** Use areas with room for growth to guide your ongoing healing process

Remember: Every score reflects where you are today, and every area has growth potential. Lower scores indicate where you might focus your healing energy, while higher scores show existing strengths you can draw upon. Your healing journey is uniquely yours, and progress comes in many forms.

This assessment honors all healing journeys, whether focused on cure, management, or comfort care.