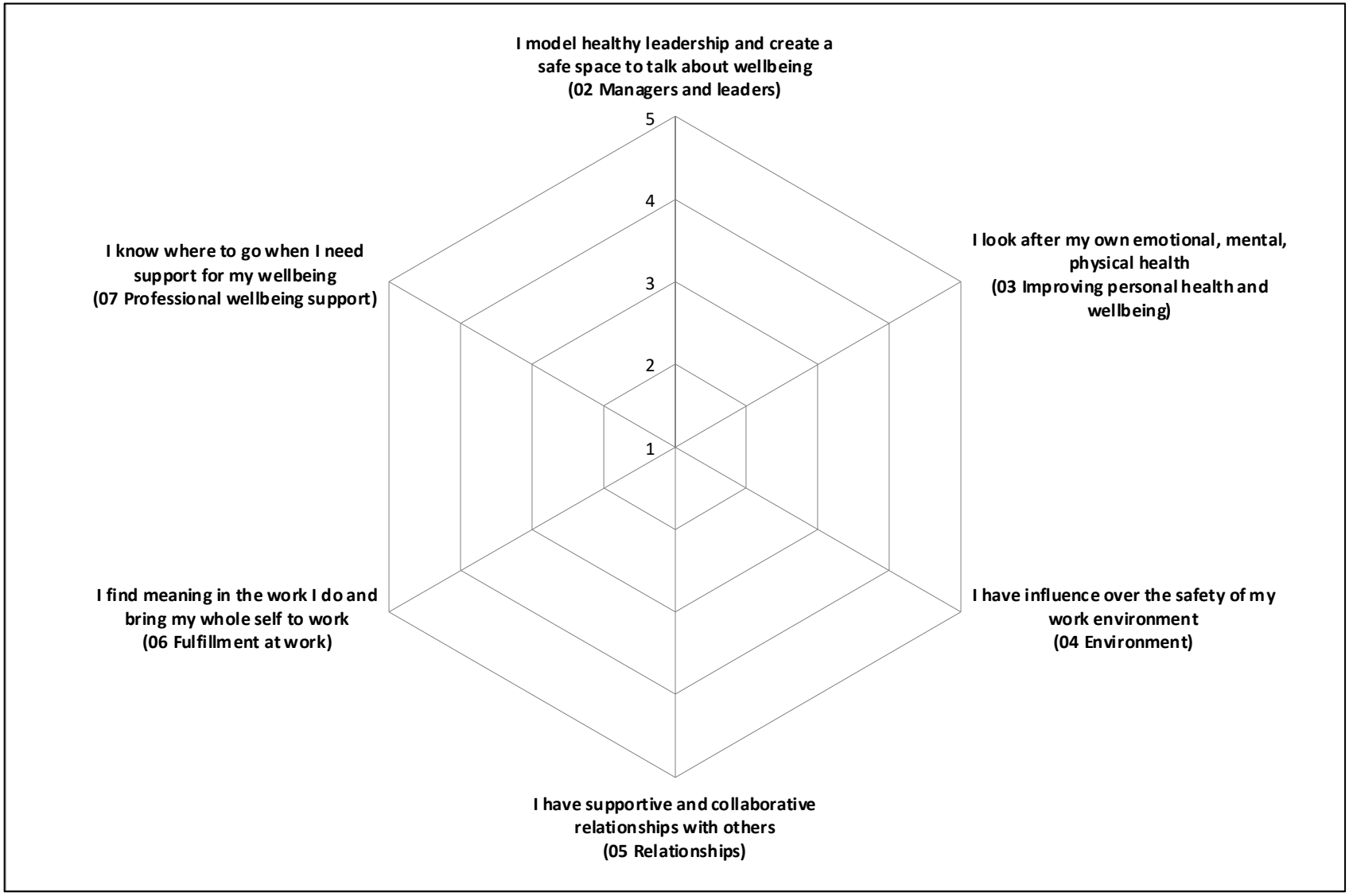Personal wellbeing self-assessment