

What is Aspire?

Aspire is a tool to help you identify your strengths, needs, and priorities for growth, so we can better help you reach your goals.

Aspire is a **technology-based survey** about wellbeing. The Aspire survey asks about six areas of your life and includes 55 questions. For each question, you will rate yourself as red, yellow, or green. You can skip any questions you don't want to answer. Aspire can help you identify your **strengths, areas of need**, and to set your own **priorities for growth**.

After the survey, you can select your top 2-3 goals. An Aspire coach will help you create an action plan for reaching those goals. They will provide information, access to resources, and support while you work on your action plan. If you would like, the coach will check back in with you each month to see how they can support your progress.

Six areas of wellbeing



Income & Employment



Housing



Health & Environment



Education & Culture



Social Capital



Personal Strengths

Each question is answered as **green**, **yellow**, or **red**

Thriving

Struggling

Suffering

How it Works

