Goodness of Life for Every Alaska Native (GLEAN)

Record ID _____

Factor 1: Acts of Self

Taking care of myself is important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
Education is important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
Setting goals are important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
Making positive choices are important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely

Factor 2: Traditional Values

Cultural activities are important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
My traditional values are important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
My traditional language is important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely
Learning from my Elders is important to me.	◯ Not at all ◯ A little ◯ Somewhat ◯ Very much ◯ Completely

Factor 3: Subsistence

I spend time in nature.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

I gather from the land.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

Subsistence is important to me.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

Factor 4: Family

I feel connected to my family/friends.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

I have family/friends who are supportive of me.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

I feel connected to my community.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

Factor 5: Providing

I provide for my family (e.g., money, hunting, food, sewing).
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

I contribute to my family's wellbeing.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

It makes me feel good to take care of my family.
- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely

Planning for the future of my family is important to me.

- ◯ Not at all
- ◯ A little
- ◯ Somewhat
- ◯ Very much
- ◯ Completely