

TäsmäZekki life situation assessment tool

What is TäsmäZekki?

TäsmäZekki helps you reflect on your current life situation. It helps you identify what is going well in your life and where you might need change or support. TäsmäZekki is not a test. There are no right or wrong answers.

What do the colors mean?

Green: Things are going well in this area. These are your strengths.

Yellow: Things are okay, but they could be better. Even a small change can help.

Red: Things feel difficult right now. You might need support or help.

All colors are normal. They can change depending on your life situation.

What to do with the results?

Your strengths are in the green areas. For the yellow areas, you can look for small improvements. The red areas show where you need the most support right now. You decide which issues you want to discuss.

We can discuss together

- What's going well in your life
- What's challenging for you right now
- What changes you'd like to see
- What would be a suitable goal for you
- What small step you could take next
- Who or what could support you

Remember

- You know your own life best
- Even a small change matters
- You don't have to do everything on your own
- Help and support are available

We're here together to support you.