

# TäsmäZekki life situation assessment tool

## What is TäsmäZekki?

TäsmäZekki helps you reflect on your current life situation and well-being. It shows you what is going well and where you might need to make changes or seek support.

## What do the colors mean?

**Green** represents things that are going well right now; **yellow** represents things that are going okay but could be better; and **red** represents things that feel challenging right now and need support. All these colors are common at different stages of life.

## How to utilize the results?

The **green items** represent your strengths and resources. The **yellow items** indicate areas where even a small change could make you feel better. The **red items** show where you need the most support right now. You decide which topics you'd like to discuss when you meet with a professional.

### In the discussion, we can reflect on this together

- What's going well in your life
- What you'd like to change
- What kind of goal would be right for you
- What small steps you could take right now
- What kind of support or help do you need

**Remember**, you are an expert on your own life. Change doesn't have to be drastic—even a small step is enough. You are not alone; support is available.