

# Wellness Assessment

## Physical Wellbeing (1=Highly disagree, 10=Completely Agree)

I am content with my vibrancy and physical wellbeing	
My approach to wellness is proactive, not reactive to crisis	
I have a routine and support structures that support my wellness	
I am conscious of my body needs and take appropriate action	
I know what works for my body and I do it consistently	
Total	/50

## Nourishment (1=Highly disagree, 10=Completely Agree)

I nourish my body with healthy, plant-based foods consistently	
I am comfortable with my relationship with food	
I know how to cleanse/detox and use natural healing to take care of myself	
I eat properly and minimize my exposure to toxins to keep my body clean and healthy	
I am comfortable in planning and creating balanced, healthy meals for myself and loved ones	
Total	/50

## Living Environment (1=Highly disagree, 10=Completely Agree)

I feel safe and nourished in my home	
My living space reflects my needs and desires that best serves me	
I am surrounded by the objects that have meaning and that I love	
I am content with my home surroundings and wardrobe as an expression of myself	
Total	/40

## Friends and Family (1=Highly disagree, 10=Completely Agree)

I am content with the level of contact I have with friends and/or family	
My friends and/or family nourish and support me	
I am satisfied with my role and contribution as a friend and/or in my family	
I have created the experience of family in my life, even if not biological relatives	
I have an active social life and am content with my social interactions	
Total	/50

**Finances (1=Highly disagree, 10=Completely Agree)**

I have enough money to do the things I want to do and fulfill my priorities	
I manage my money and finances effectively	
I am free from worry and stress related to finances	
My financial future is secure and sustainable	
Total	/40

**Personal Growth (1=Highly disagree, 10=Completely Agree)**

I have a set of beliefs that sustains me throughout life's ups and downs	
I usually experience loving my life and love who I have become	
I feel empowered in creating the life that I love	
I engage actively in experiences and activities that help me grow and expand	
Total	/40

**Career (1=Highly disagree, 10=Completely Agree)**

I love my career and/or life work and it is aligned with my values	
I enjoy my work environment and professional interaction	
I feel that my skills and talents are being well utilized	
I see opportunity for growth and expansion	
Total	/40

**Play and Recreation (1=Highly disagree, 10=Completely Agree)**

I take the right amount of time to enjoy play, adventure, vacation and leisure	
I know what nurtures me and I incorporate that in my life regularly	
I create fun and adventure in my life for me and others	
I have adequate time in my life to relax and rejuvenate myself	
Total	/40

**Significant Other (1=Highly disagree, 10=Completely Agree)**

I am open to creating an intimate loving relationship	
I am free from resentments, fear, and blame from past intimate relationships	
I create romance in my life	
Total	/30

## My Wellness Assessment Summary

<b>Physical Wellbeing Nutrition</b>	/50	%
<b>Nourishment</b>	/50	%
<b>Living Environment</b>	/40	%
<b>Friends and Family</b>	/50	%
<b>Finances</b>	/40	%
<b>Personal Growth</b>	/40	%
<b>Career</b>	/40	%
<b>Play and Recreation</b>	/40	%
<b>Significant Other</b>	/30	%

1. Based on your assessment, what aspects of your wellness do you believe are most important to work on now?
2. Can you identify the gap between where you are and where you want to be in this area of your life?
3. What steps can you take to close that gap in your life and progress towards better wellness?
4. Set at least one goal for yourself to begin your journey.

# SMART Goal Setting

Setting lofty or unrealistic goals can lead to disappointment. Setting SMART goals will increase the likelihood of success in meeting those goals. Refer to the table below for what makes a goal a SMART goal.

- **Specific** The 5W's (Who/What/Why/Where/When)
- **Measurable** How you will determine progress (metrics to be assessed how much/many/often)?
- **Action-Oriented** What actions will you take?
- **Realistic & Relevant** Are they realistic actions/metrics?
- **Timebound** Set a timeline to achieve your goal

It is also helpful to include someone who can help you stay accountable for your goal.

Here are a few examples:

- Beginning October 1st, I will prepare at least 3 plant-based meals a week on Monday, Wednesday and Thursday for 4 weeks so that I will decrease my consumption of processed foods and increase veggie consumptions by the end of the month. My partner will help me and hold me accountable for this goal.
- Beginning on January 1st, I will complete a 7-day cleanse on the first week of every season. Martha will do the cleanses with me and support me in this goal for the year.
- Today I will begin to walk everyday for 60 minutes for one month in my neighborhood after work. If the weather is not conducive, I will use the treadmill at home. I will measure my success with my fitness band and the app. My daughter will check in with me weekly to help keep me on track.

My GOAL:

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