

## Holistic Health and Wellness Survey

Answer the questions in each section below. Each response will be a number from 0 to 5, and will correspond to either how strongly you agree with the statement or ,if the question is related to an activity, the frequency described in the parentheses. Following each section, total your score and compare your results to the descriptions given at the end of the survey.

0= Strongly disagree (once a year or less)
1= Disagree (2 to 12 times / year)
2= Mildly disagree (2 to 4 times/ month)
3= Mildly agree (2 to 3 times / week)
4=Agree (4 to 6 times / week)
5=Strongly Agree (daily)

### **Body: Physical and Environmental Health**

- \_\_\_\_\_ 1) I maintain a healthy diet (no trans-fats, low sugar, fresh produce, and whole grains).
- \_\_\_\_\_ 2) My water intake is adequate for my body (at least 1/2 oz/lb of body weight; 160 lbs=80 oz).
- \_\_\_\_\_ 3) I am within 20% of my healthy, ideal body weight.
- \_\_\_\_\_ 4) I feel that I am physically attractive.
- \_\_\_\_\_ 5) I fall asleep easily and sleep soundly.
- \_\_\_\_\_ 6) When I awake in the morning, I feel well-rested.
- \_\_\_\_\_ 7) I have more than enough energy to meet all of my daily responsibilities.
- \_\_\_\_\_ 8) My five senses are acute.
- \_\_\_\_\_ 9) I take time to experience the sensual pleasures in life.
- \_\_\_\_\_ 10) I schedule regular massages or deep-tissue body work.
- \_\_\_\_\_ 11) My sexual relationship feels gratifying.
- \_\_\_\_\_ 12) How often do you engage in regular physical workouts (lasting at least 20 minutes)?
- \_\_\_\_\_ 13) I feel that I have good endurance or aerobic capacity.
- \_\_\_\_\_ 14) How frequently do you breath abdominally for at least several minutes?
- \_\_\_\_\_ 15) I maintain physically challenging goals in my life.
- \_\_\_\_\_ 16) I am physically strong.
- \_\_\_\_\_ 17) How frequently do you participate in stretching exercises?
- \_\_\_\_\_ 18) I am free of chronic aches, pains, ailments, and diseases.
- \_\_\_\_\_ 19) How regularly do you have effortless, painless bowel movements?
- \_\_\_\_\_ 20) I understand the causes of my chronic physical problems.
- \_\_\_\_\_ 21) I am free of any drug (including caffeine, nicotine, and alcohol) dependency.
- \_\_\_\_\_ 22) I live and work in a healthy environment with clean air, water, and low/no indoor pollution.
- \_\_\_\_\_ 23) I feel energized and empowered by nature.
- \_\_\_\_\_ 24) I have a strong connection with and appreciation for my body, home, and environment.
- \_\_\_\_\_ 25) I have an awareness of life-energy, or qi.

### **Total Body Score**

<p>0= Strongly disagree (once a year or less)  1= Disagree (2 to 12 times / year)  2= Mildly disagree (2 to 4 times/ month)  3= Mildly agree (2 to 3 times / week)  4= Agree (4 to 6 times / week)  5=Strongly Agree (daily)</p>
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**Mind: Mental and Emotional Health**

- \_\_\_\_\_ 1) I have specific goals in my personal and professional life.
- \_\_\_\_\_ 2) I have the ability to concentrate for extended periods of time.
- \_\_\_\_\_ 3) I use visualization to help me attain my goals and enhance my performance.
- \_\_\_\_\_ 4) I believe that it is possible to change.
- \_\_\_\_\_ 5) I have no problem meeting my financial needs and desires.
- \_\_\_\_\_ 6) My outlook on life is basically optimistic.
- \_\_\_\_\_ 7) I make it a habit to give myself more supportive messages than critical messages.
- \_\_\_\_\_ 8) My job utilizes all of my greatest talents.
- \_\_\_\_\_ 9) I find my job enjoyable and fulfilling.
- \_\_\_\_\_ 10) I am willing to take risks or make mistakes in order to succeed.
- \_\_\_\_\_ 11) I am able to adjust my beliefs and attitudes as a result of learning from painful experiences.
- \_\_\_\_\_ 12) I have a good sense of humor.
- \_\_\_\_\_ 13) I maintain peace of mind and tranquility.
- \_\_\_\_\_ 14) I am free from a strong need for control or the need to be right.
- \_\_\_\_\_ 15) I am fully able to experience (feel) a wide range of feelings such as joy, excitement, happiness, peacefulness, fear, anger, sadness, and hopelessness.
- \_\_\_\_\_ 16) I am aware of and able to safely express fear.
- \_\_\_\_\_ 17) I am aware of and able to safely express anger.
- \_\_\_\_\_ 18) I am aware of and able to safely express sadness or cry.
- \_\_\_\_\_ 19) I am accepting of all of my feelings, both positive and negative.
- \_\_\_\_\_ 20) How frequently do you engage in meditation, contemplation.
- \_\_\_\_\_ 21) My sleep is free from disturbing dreams.
- \_\_\_\_\_ 22) How regularly do you explore the symbolism and emotion content of your dreams?
- \_\_\_\_\_ 23) How often do you take the time to relax, or make time for activities that you find fun? This does not include time spent on a computer or watching television.
- \_\_\_\_\_ 24) How frequently do you experience feelings of exhilaration?
- \_\_\_\_\_ 25) I have a high level of self-esteem and self-respect.

\_\_\_\_\_ **Total Mind Score**

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**Spirit: Spiritual and Social Health**

- \_\_\_\_\_ 1) I actively commit time to my spiritual life and development.
- \_\_\_\_\_ 2) How routinely do you take time for prayer, meditation, or reflection?
- \_\_\_\_\_ 3) I listen and act on my intuition.
- \_\_\_\_\_ 4) I regularly incorporate creative activities into my work and leisure time.
- \_\_\_\_\_ 5) I like to take risks or exceed my previous limits.
- \_\_\_\_\_ 6) I have a faith in a god, spirit guides, universal spirit, or angels.
- \_\_\_\_\_ 7) I am free from anger toward spirituality.
- \_\_\_\_\_ 8) How frequently do you make a conscious effort of being grateful for the blessings in your life?
- \_\_\_\_\_ 9) How often do you take walks, garden, or have contact with nature?
- \_\_\_\_\_ 10) I am able to let go of my attachment to specific outcomes and embrace uncertainty.
- \_\_\_\_\_ 11) I observe a day of rest completely away from work, dedicated to nurturing myself and my family.
- \_\_\_\_\_ 12) I can let go of self-interest in deciding the best course of action for a given situation.
- \_\_\_\_\_ 13) I feel a strong sense of purpose in my life.
- \_\_\_\_\_ 14) I make time to connect with young children, either my own or someone else's.
- \_\_\_\_\_ 15) Playfulness and humor are important in my daily life.
- \_\_\_\_\_ 16) I have the ability to forgive myself and others.
- \_\_\_\_\_ 17) I have demonstrated the willingness to commit to a marriage or comparable long-term relationship.
- \_\_\_\_\_ 18) I experience intimacy, besides sex, in my committed relationship.
- \_\_\_\_\_ 19) I am able to confide in, or speak openly with, one or more close friends.
- \_\_\_\_\_ 20) I do or did feel close to my parents.
- \_\_\_\_\_ 21) I have been able to fully grieve the loss of any loved ones in my life.
- \_\_\_\_\_ 22) My experience with pain has enabled me to grow spiritually.
- \_\_\_\_\_ 23) How often do you go out of your way or give your time to help others.
- \_\_\_\_\_ 24) I feel a sense of belonging to a group or community.
- \_\_\_\_\_ 25) I experience unconditional love.

\_\_\_\_\_ **Total Spirit Score**

## Your Total Score

\_\_\_\_\_ Body Score

\_\_\_\_\_ Mind Score

\_\_\_\_\_ Spirit Score

\_\_\_\_\_ Your Total Holistic Health & Wellness Score

## Your Score Analysis

### (325-375) **Optimal**

Congratulations! You have been taking care of yourself, and most likely have a firm understanding of the relationship between your health and your mind, body, spirit, and emotions. Continue to learn deeper truths about yourself and address your changing needs as you evolve in life to maintain your optimal health. As an individual with such positive habits and practices, you are a shining example of how to live a great life. Spread your knowledge and keep up the good work!

### (275-324) **Excellent**

You have been working hard to develop a greater understanding of yourself, and it shows. By actively participating in your own health, you have created positive patterns in your life and have left destructive old habits in the past. As you continue to find and correct the hidden sources of your problems, you will find a deeper joy in everyday living and see more benefits in how you feel.

### (225-274) **Good**

You have probably started feeling the connection between your body, mind, spirit, and emotions, and can sense when things are going wrong. Continue to make changes in your life that reflect taking an active role in creating your own health. As problems come up, use them as opportunities to discover more about how you function and find positive ways to correct them. Connect with others that have similar views and goals of optimal health as you build up your support network. Avoid starting any bad or unhealthy habits, as you have already worked hard to get this healthy!

### (175-224) **Fair**

When it comes to your overall health, there are a few things missing. Start cultivating a stronger connection between your body, mind, spirit, and emotions to encourage better health and wellness. Look inward to find hidden beliefs and behaviors that are preventing you from achieving optimal health. Now is also the time to begin learning positive ways of correcting any negative behaviors and creating more balance in your life. By working to establish a strong foundation now, you will soon be able to build a nourishing lifestyle for your future.

### (125-174) **Below Average**

Things may not too bad at this time, but you are heading down a dangerous road. If you haven't already, start making changes in your life that will strengthen your body, mind, spirit, and emotions. Look for others that have similar goals of optimal health and establish a good support network. Continue finding positive actions to replace unhealthy or negative habits, and practice them daily. Before long you will be feeling and looking great!

### (75-124) **Poor**

This is definitely the time to start making changes before things get any more difficult. Taking charge and putting your health first is very important for you right now. Knowledge is power, so this is a great time to start learning healthy new habits and use them to replace the negative things in your life. Share your new thoughts and aspirations with others, and establish a support network. Focus on your goal of optimal health, and make decisions that reflect that goal. Remember to keep asking for help if you need it!

### (0-75) **Extremely Unhealthy**

Something needs to change, and fast! If the unhealthy patterns in your life are not already creating illness, they soon will. It is vital that you take control of the situation and make several positive changes in how you are living. Start learning new ways to work healthy habits into your life and do them daily! Making improvements is much easier with support, so talk with others about what you are doing. If there are people in your life do not support these changes, find more who will. Don't be afraid to ask for help if you are struggling or feel you need it. Maintaining a positive outlook is extremely important, so start keeping track of the things you are grateful for in life. Things can only go up from here!