



WELLNESS ASSESSMENT SURVEY

Use this checklist to evaluate your current wellness habits and identify areas for improvement. Answer each question honestly to get the most benefit.

1. ****Healthy Relationships****

- Who are the people in your life that provide positive and supportive relationships?

2. ****Self-Esteem and Mental Health****

- Are you able to recognize and challenge negative thoughts about yourself?
- What activities do you engage in to boost your self-esteem and mental well-being?

3. ****Nutrition****

- What foods do you regularly eat to promote overall health prosperity?
- On a scale of 1 - 10, how important is proper nutrition?

4. ****Exercise Routine****

- How many days/week do you exercise for at least 30 min?
- On average, how many steps do you take daily?

5. ****Hydration****

- How many cups of water do you drink daily? Sugary drinks/sodas?

6. ****Sleep Quality****

- How many hours of sleep do you get each night?

7. ****Stress Management****

- What are three practices you have in place to help manage stress?

8. ****Work-Life Balance****

- When was the last time you felt your work was fulfilling, rewarding or enjoyable?



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****BONUS QUESTION****

Who is your accountability partner or mentor for your wellness journey?

Why is this important?

When traveling the journey alone, it is easy to become sidetracked, heading in the wrong direction. The term - “birds of a feather flock together” can lead to your detriment.

Growth and self-improvement come from being in an environment where you can be challenged, educated, and supported.

****Summation and Inquiry****

By reviewing your responses, you can pinpoint areas to improve your overall well-being.

Interested in a ***Gifted Coaching Session*** to discuss your wellness goals and how to achieve them? I believe in leveraging behaviors and tools so you can teach your body to work for you and serve your needs and not the other way around.

[Message me](#) for my calendar link so we can review your findings and chart your course.