Body, Mind, Heart, Gut, Spirit Checklist.

Physical

Gym: Do you have a specified training regimen?

Physically Stable: Are you able to stand and sit for long periods without discomfort?

Eating: Are you conscious of what you eat and drink?

Illness/Injury: Are you generally free from illness or injury?

Mental

Mental Training: Do you train mental strength (resilience)?

Stress: Do you respond rationally in stressful situations?

Analysis Paralysis: Do you get paralyzed by tough decisions or do you know how to work through them?

Objective: Can you easily tell the difference between facts and interpretation?

Perseverance: Do you persevere when faced with a challenge or give up/get bogged down?

Focus: Can you focus during stressful situations?

Emotional

Reactions: Can you keep your emotions from causing you to make actions or decisions that you later regret?

Expression: Do you have a way to express your emotions in a healthy and productive manner?

Triggers: Do you know what triggers your emotions?

Emotional Stress: Can you think of a time when you were angry but were able to quickly let it go?

Intimacy: Is it easy for you to be intimate and open in relationships?

Intuitional

Listen: In your last few conversations did you listen more than you spoke? Can you think of three times in the past week where you listened to someone else?

Awareness: Can you describe the clothing and appearance of three strangers you met this morning?

Judgment: Are you slow to pass judgment and not quick to jump to conclusions?

Peace: Do you find yourself at peace with yourself and do you have high esteem for yourself?

Insights: Do you acknowledge intuitive insights or brush them off?

Spiritual

Values: In a moment of crisis do you think about your personal values and stick to them?

Purpose: Do you have a clear purpose for your actions?

Big Picture: Do you look at the big picture and avoid getting caught up on small things?

Sacrifices: Are you willing to make sacrifices to achieve your goals?

Fulfilling: Do you feel your life is full of value?

Present: Do you feel present in the moment?