

This quick quiz is designed to give you a snap shot of your current personal wellness. Use your results as a starting point in your journey to explore how to improve and take yourself to an even higher state of wellness.

Which question description resonates with you the most?

### Physical Body

1. I'd tend to...
  - a. Listen to my body and adapt my exercise accordingly (4)
  - b. Exercise because I feel I 'should' rather than because I enjoy it (3)
  - c. Not exercise at all (1)
  - d. Train until my body hurts. I love that feeling! (2)
2. My sleeping habits looks like this...
  - a. I wake up throughout the night (1)
  - b. I insist on good bedtime routine & take sleep hygiene seriously (3)
  - c. I sleep less than 8 hours per night (2)
  - d. I wake up feeling well-rested and energised (4)
3. My body
  - a. Feels free flowing (3)
  - b. Feels stiff (2)
  - c. Experiences pain (1)
  - d. Is ready for anything (4)
4. I eat...
  - a. A mix of healthy and unhealthy foods (3)
  - b. Like its going out of fashion (2)
  - c. Without thinking (1)
  - d. Super healthy (4)
5. The relationship I have with my physical self is
  - a. Non-existent (1)
  - b. Love – Hate (2)
  - c. The ultimate romance (4)
  - d. Average (3)

### Mental Fitness

1. My current behaviours and vision for my life are...
  - a. Aligned and on track to achieving what I want (4)
  - b. Way off track and my goals are moving further away (3)
  - c. I don't have a vision for my life (2)
  - d. I'm not sure (1)
2. I have...

- a. More positive thoughts than negative (3)
  - b. More negative thoughts than positive (1)
  - c. No idea what I'm thinking most of the time (2)
  - d. A good mix between positive and warranted negative thoughts (4)
- 3. I show up everyday...
  - a. With clear intentions and confident in who I am (3)
  - b. To serve everyone else before myself (2)
  - c. Unclear and unsure of how it will go (1)
  - d. Knowing I am right where I am supposed to be (4)
- 4. I value...
  - a. Self-Exploration, reflection and self-improvement (4)
  - b. Meeting others expectations before my own (2)
  - c. Having a clear focus (3)
  - d. Other peoples opinions over my own (1)
- 5. I see myself as...
  - a. Who I want to be (4)
  - b. Lost (1)
  - c. A role model to others, including myself (3)
  - d. An outsider (2)

## Emotional Wealth

- 1. In times of stress I am...
  - a. Able deal with it easily and effortlessly (4)
  - b. Overwhelmed and anxious most of the time (1)
  - c. Calm and collected (3)
  - d. Thinking about it for ages after (2)
- 2. I often feel...
  - a. Happy, joyful and free (4)
  - b. Nothing at all (1)
  - c. Like I'm being judged (2)
  - d. Complacent (3)
- 3. I deal with my emotions by...
  - a. Learning from them and letting them go (4)
  - b. Ignoring them (1)
  - c. Expressing how I feel (3)
  - d. Distracting myself (2)
- 4. Most of the time I....
  - a. Feel disconnected to myself and others (1)
  - b. Am in tune with how I am feeling (3)
  - c. Feel deeply connected within myself (4)

- d. Make others happy before myself (2)
5. I am really good at...
- a. Asking for help when I need it (3)
  - b. Letting my emotions do what they want (2)
  - c. Learning from and accepting my feelings (4)
  - d. Burying how I feel (1)

## Spiritual Wellness

1. I believe...
- a. My life has purpose, direction and meaning (4)
  - b. My life has no meaning or purpose (1)
  - c. Everyone is doing the best they can (3)
  - d. I am not spiritual in any way whatsoever (2)
2. In times of struggle...
- a. I look inside myself for the answers (4)
  - b. I rely on friends, family or religion (1)
  - c. I look for a teacher/mentor/coach on the matter (3)
  - d. I let it pass without doing anything (2)
3. My values...
- a. Are inherited from the people around me (2)
  - b. Aren't something I've thought about (1)
  - c. Are aligned & in the forefront of my decisions and daily actions (4)
  - d. Are clear and I am aware of what's important to me (3)
4. I experience...
- a. A sense of peace and wellbeing in my life (3)
  - b. A deep sense of oneness (4)
  - c. Confusion in this area of my life (2)
  - d. Negative and conflicting thoughts and feelings often (1)
5. I am...
- a. Usually thinking of the past (2)
  - b. Usually dreaming about the future (3)
  - c. Present in every moment (4)
  - d. Absent minded most of the time (1)

Improvement will take time, yet the more we focus our energy and attention the faster the improvements will come. Remain patient and persistent with yourself on this journey and you will reap the benefits.

### Results Breakdown:

Client will get a score out of 20 for each area:

Score: 15-20

Well Done – Excellent awareness and action here!

Score 10-14

Attention Needed – there is room for improvement here

Score lower than 10

Immediate Action – It's important not to neglect any one area

Show Total Score out of 80.

No matter what your score, it's essential to understand that all of the areas of wellness are integrated. If we only focus in one area and neglect other areas it can hurt our overall wellness and result in undesirable outcomes.

By seeing how you score in each area you can spend some time and attention in raising your experience to optimise your overall wellbeing.