
Whole-Self Assessment

Please wait for guidance during the workshop before completing this exercise.

Use this check-in to pause, reflect, and notice where you feel grounded and nourished, and where your energy may be calling for care. There are no right or wrong answers. This is simply an invitation to stay aware and honest with yourself in a supportive way.

How to use it:

- Circle the areas where you feel most alive and supported.
- Underline any areas that feel a bit depleted or stretched.
- Add a dot to anything in between.

Emotional & Inner World

- Emotional well-being
- Resilience
- A strong sense of self and worthiness
- Feeling grounded and centered
- Happiness, joy, or contentment
- Self-kindness and compassion toward yourself

Relationships & Connection

- Meaningful and supportive relationships
- Empathy and compassion for others
- Feeling connected to something larger than yourself (spiritual or inner grounding)

Energy & Body

- Physical health and vitality
- Energy levels throughout the day
- Balance between rest and activity

Purpose & Fulfillment

- Sense of meaning and purpose
 - Engagement and creativity in daily life
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- Openness to growth and new ideas
- Living with intention and alignment
- Clarity and wise decision-making

Reflection

- Which 2–3 areas feel most alive and nourished right now?
- Which 2–3 areas might be asking for more care, rest, or attention?
- What practices or moments help you stay connected to your sense of balance and fulfillment?