

Personal Wellness Inventory

You are warmly invited to 'take stock' of your personal wellbeing with this holistic Wellness Inventory. This Inventory is designed to help you see more clearly where you are thriving and where you are not; help you set priorities amidst the many things you could choose, and help you make the changes that mean the most to you. The Inventory is simply a guide for your self-care and not a substitute for medical advice, diagnosis, or treatment.

There are three (3) steps to completing the Inventory and two (2) additional steps for using it as a tool for making change in your life. Each step has its own instructions.

Step 1: Answer the Inventory Questions & Compute Your Average Scores for Each Section

1. Read the statements below and respond to each one as accurately as you can, related to the **present**, not the past or the future.
2. Choose only one answer that best reflects the frequency you do each thing. You'll find some of the statements contain several related actions. For those, just average your points from each part of the statement.
3. Record your responses in the columns to the right, with Usually = 2 points, Sometimes = 1 point, and Rarely or None = 0 points
4. After you've scored your response to all the statements, compute your **average points** for each section.
5. Transfer that average score to the corresponding box next to the **Compass for Joy & Healing** on page 6.
6. If you feel a statement does not apply to you, or you don't want to answer it, you can skip it, but then do not include it when you compute your average points.

Example

	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
I'm an adventurous person.		x	
I look forward to the future.		x	
I do not smoke.	x		
I love taking long hot baths.		x	
I feel like I'm a winner.	x		
I enjoy eating until I'm stuffed.			x
Total points in each column	4	3	0
Total points in all 3 columns	7		
Average (Total points divided by 6)	1.2		

How Often Am I Being <u>Loving & True to Myself</u>?	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
I believe an important factor in determining my health and well-being is the way I live my life, and I live in a manner consistent with that belief.			
I understand the difference between blaming myself and being able to respond to a problem (response-ability).			
I pause to be aware of my breath and internal state and I take care of my needs when they arise.			
I'm comfortable seeing, touching and exploring my body.			
I'm aware when changes in my body* happen in response to my thoughts.			
Even though I have areas I could improve, I love and accept myself as I am.			
Total points in each column			
Total points in all 3 columns			
Self-Love Average Points (Total points divided by 6)			

* Such as my breathing, muscle tension, skin moisture, etc.

How Often Do I Take Care of Myself <u>Physically & Biochemically</u>?	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
I know my weight, pulse, blood pressure, blood sugar and other measurements related to my health.			
I know the names of the medications and supplements I take, plus their actions, precautions and side effects.			
I eat fresh unprocessed food including 5 servings of vegetables daily, and half of them are raw.			
I brush my teeth and floss daily, drink 8 or more glasses of fresh water daily, and drink less than five 8-oz cups of coffee per week.			
I do stretching or flexibility activities at least 2 times a week; aerobic activity* at least 2 hours a week and			

muscle-strengthening activities for my legs, arms, chest, back and belly at least 2 times a week.			
I live and work in healthy non-toxic environments and I am 'clean' and sober when driving or operating machinery.			
Total points in each column			
Total points in all 3 columns			
Physical Average Points (Total points divided by 6)			

*Such as brisk walking that makes you breathe harder

How Often Am I Emotionally Well & Enjoying Healthy Relationships?	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
I set boundaries and goals for myself with reasonable effort. I accept when things are beyond my control and I ask for support when I need it.			
I don't lean on people, substances, or unhealthy behaviors for my stability.* (See examples below.)			
I listen, recognize and respect my emotions equally to the emotions of others. I feel the full range of emotions and I express them in ways that are appropriate for me.			
I actively engage in 4 or more relationships that are safe and satisfying to me.			
I notice when my perception of things is colored by my thoughts and feelings. When I realize I've made critical judgments about myself or others, I'm able to shift to feeling compassion instead.			
I'm able to talk openly about my inevitable death and the deaths of all who are close to me. I've put my end-of-life priorities in writing including a power of attorney for my health care, children and pet care, and finances.			
Total points in each column			
Total points in all 3 columns			
Emotional Average Points (Total points/6)			

*Examples of possible emotional dependency: smoking any substance, drinking alcohol, drinking soda or caffeine, eating sweet or salty 'comfort foods', shopping, exercise, sex, work, etc.

How Much Do I Honor My <u>Soul</u>?	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
My life has meaning, value and purpose and I look at problems as opportunities for growth or discovery.			
I give myself time for prayer, meditation and/or reflection and I take walks or make other outings to connect with nature.			
I enjoy my work and find it challenging in acceptable ways.			
I enjoy giving and receiving gentle touch and hugs.			
I enjoy expressing myself through play, art, music, dance, movement, drama, color, or aroma, and I value and practice having fun.			
I believe there are dimensions of reality beyond verbal description or human comprehension, and that some mysteries are meant to be appreciated more than solved.			
Total points in each column			
Total points in all 3 columns			
Soulful Average Points (Total points divided by 6)			

How Well Am I <u>Spiritually / Energetically</u>?	Usually 2 points	Sometimes 1 point	Rarely or None 0 points
I'm at peace with my life. I see my body's death as another step in my spirit's journey.			
I experience awe and wonder when I perceive the earth and sky.			
I feel connected to a force much greater than myself and I enjoy sensing its presence and guidance in my life.			
I enjoy silence, stillness and open-ended time and space. Sometimes I enjoy doing nothing and simply being open to all that is.			

I experience synchronistic events in my life that are beyond explainable cause and effect.			
I have experienced deep peace and love in dimensions that are beyond logical explanation or verbal description.			
Total points in each column			
Total points in all 3 columns			
Spiritual Average Points (Total points divided by 6)			

Bonus Question 1: (Circle Yes or No)

- In the last two weeks have you felt down or depressed? YES NO
- In the last two weeks have you had little interest or pleasure in doing things? YES NO

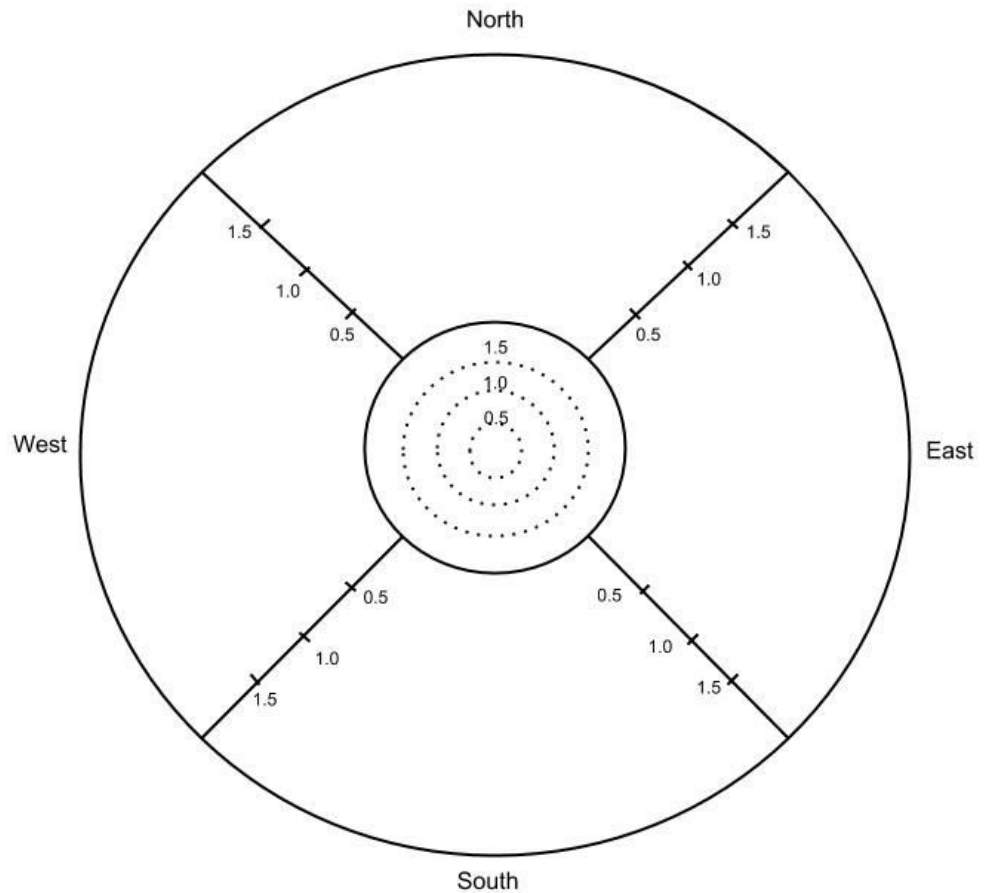
Step 2: Discover a Personal Compass to Help You Actualize Your Joy & Healing

1. **Transfer** your **Average Points for Each Section** to the *Section Score* boxes in the first column on the next page.
2. **Graph** each Section Score inside the Wellness Compass by using the Compass's scale and drawing a line between the spokes.
3. **Color** each of the five Color Key squares with a different color, using a marker, pen or crayon, then use the same colors to fill in the corresponding section of each direction on the Compass.
4. **Look at your completed Compass.** It will reflect the balance in your life (or lack of it) and show you where you might want to give more attention or make change to more fully actualize your wholeness.
5. **Gently contemplate** what the Compass is showing you about your choices and your exercise of power to steer your life in the direction you want to go.
6. **Post** your Compass in a place where it's easy for you to refer to it often.

My Compass for Joy & Healing

Date: _____

Section Scores	Color Key
<input type="text" value="1.3"/>	<input type="text" value="Yellow"/>
Example	
<input type="text"/>	<input type="text"/>
Center: Being True to Myself	
<input type="text"/>	<input type="text"/>
South: Physical & Biochemical	
<input type="text"/>	<input type="text"/>
West: Emotional & Relational	
<input type="text"/>	<input type="text"/>
North: Soulful	
<input type="text"/>	<input type="text"/>
East: Spiritual/Energetic	



Step 3: Reflective Questions to Help You Use Your Compass

Look at your compass, reflect on the following questions, then write notes below or on another piece of paper.

- What does a vibrant, radiant life look like to me?
- How much of my life is happening in the ways I want it to?
- What am I pursuing that I'm not really enjoying and is not aligned with who I am?
- In what areas am I accepting or rejecting who I am? Why?
- Do others reflect to me that they see me as the person I know I am?
- If I gave myself permission to completely be myself, what changes would I make?

Step 4: Priorities & Readiness to Change

1. Copy your **average points from each section of the Compass** on the previous page and enter them in the **purple column** of the grid below.
2. Mark your **'Readiness to Change'**, your **'Priority for Change'**, and your **'Confidence in Changing'** for each of the five Wellness Dimensions.
3. Which **Wellness Dimension** has the highest scores in both **'Readiness to Change'** and **'Priority for Change'**? Highlight that section now with a special color or marking.

Wellness Dimensions	My Average Points from each Section	My Readiness to Change 1 = more than 3 mo 2 = in 3 months 3 = in a month 4 = ready now	My Priority for this Change 1 = not a priority 2 = low priority 3 = med. priority 4 = high priority	My Confidence in Changing 1 = no confidence 2 = low confidence 3 = med. confidence 4 = high confidence
Example ->	1.2	4	3	2
Being Loving & True to Myself				
Physical & Biochemical				
Emotional & Relational				
Soulful				
Spiritual / Energetic				

Step 5: Plan for Making Your First Change

1. Informed by everything you've discovered in this worksheet, write your plan for making the important changes you want in your life.
2. If you lack confidence in making the change you want in your life, Sharon is happy to guide and support you, including how to:
 - Change the thoughts and actions that no longer serve you
 - Express and embody your authentic nature
 - Learn to trust your intuition and wisdom, and
 - Grow stronger, wiser, and more fully alive