



## Whole Life Health Assessment

The goal of this assessment is to provide a snapshot of your health in various areas of your life. This will help bring to light areas that are due for celebration, as well as areas that need improvement. Don't get too caught up on the exact wording of these descriptions. Just share your overall impression, based on what's been going on in the last month (or so) of your life.

### PHYSICAL /

I honor my body and prioritize taking care of it. I generally eat well, drink lots of water, avoid toxins, get enough sleep, and work out so that I will feel my best. I value feeling good (inside and out) and take actions to make that happen.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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### MENTAL/EMOTIONAL /

Despite feeling the usual ups and downs of life, I am generally able to keep an even, positive outlook and attitude in life. When I start to get negative, I am aware of it and know what I need to do to get even again. I have more control of my emotions than they have of me.

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### MINDFULNESS /

I often feel connected to the present moment. I strive towards feeling vitally alive inside and out. I am true to myself. My actions are aligned with my beliefs. I have faith and trust and a generally optimistic view of the world. I strive to be a peaceful person and act with kindness.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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### RELATIONSHIP+SEX /

If you are in a relationship: I feel a deep, trusting, appreciative, and loving connection with my significant other. I try to be patient, respectful, and attentive to my partner's needs. We have a healthy, passionate sex life.

<b>NA</b> DOES NOT APPLY	<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## FAMILY /

I am present with my family. I want to create deeply rooted bonds, have fun and feel positive energy with my children and immediate family members. I don't expect them to be perfect. I try to forgive their mistakes and treat them with compassion.

<b>NA</b> DOES NOT APPLY	<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## SOCIAL /

I have found (and am active with) my chosen tribe. The social relationships I have make me feel connected and bring generally positive energy into my life. I seek out happy/healthy people that I can count on if I need help or advice.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## CAREER /

I am driving my career forward. I work hard and feel satisfaction for a job well done. I am happy with my career progress to date and have goals for what is coming next.

<b>NA</b> DOES NOT APPLY	<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## PURPOSE /

I feel clear, energized, and fulfilled through my contributions to the world. I believe I add real value to the people and things that I touch. I put forth my best effort. I feel like I have a solid mission, calling, or purpose in life.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## EXPERIENTIAL /

I value experiences—trips, adventures, nights out, time to connect or disconnect—so that I really experience life. I make time in my life for my hobbies, interests, and non-work goals and adventures.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## FINANCIAL /

I am responsible with my money. I save money (when I can) for my future. I don't overspend on things I can't afford or don't need or don't really even want. I am happy with my lifestyle.

<b>0</b> NOT IMPORTANT	<b>1</b> TERRIBLE	<b>2</b> NOT GREAT	<b>3</b> DOING OK	<b>4</b> PRETTY GOOD	<b>5</b> EXCELLENT
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## PERSONAL DEVELOPMENT /

I believe learning is a lifelong journey. I am aware of and honor what's happening inside me and outside/around me. I know what I need to work on and am comfortable seeking new information or asking for help. I am always seeking to discover new things.

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### I SCORED HIGHEST ON:

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### I SCORED LOWEST ON:

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### NOTES:

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## NOW THAT THAT'S DONE...

Take time to think about your ratings. Were there any surprises in this? Are you comfortable with these scores? If you don't like your scores, that's an indication to focus more energy on that area. Think about opportunities to learn from your high scores and how those successes can be applied to the areas you want to change.

Just remember, there is no overnight success when you are up-leveling your life. True, lasting improvement takes time and consistency. Set achievable, small goals, introduce new habits, and be patient and persistent in your journey towards living in a happier, healthier way. Believe in yourself. You are stronger than you think. This sort of introspection will set the stage for greatness.

Want to discuss your results in more depth? Have general questions, comments, insights?  
Contact Kalia Garrido at [kalia@healthywomenleaders.com](mailto:kalia@healthywomenleaders.com)