



THE 5 KEYS TO WELLNESS

Health Assessment



General Health

1. I usually feel good.
2. My body moves with ease.
3. I have little pain.
4. I sleep well and I don't wake up tired.
5. I have energy throughout the day.



Self Love

1. I like myself.
2. I like my body.
3. I think happy thoughts most of the time.
4. I say nice things and don't talk bad about others.
5. I don't dwell on what others think.



Breathing

1. I know how deep breathe and practice it.
2. I notice when I am stressed and can relax quickly.
3. I take time to relax and breathe often.
4. I am truthful about my feelings.
5. I spend time outside breathing in nature daily.



Positive Choices

1. I eat at least two vegetables & two fruits every day.
2. I drink a lot of water and drink little caffeine or sugary drinks.
3. I watch TV or sit in front of screens less than two hours a day.
4. I choose friends who like me just the way I am.
5. I feel good in my home and with my family.



Balance

1. I know what I enjoy and do it often.
2. I don't overdo.
3. I do excellent work.
4. I try new things often.
5. I play every day.



Trust

1. I believe good things usually happen.
2. I don't over-react often.
3. I am grateful or thankful for most everything.
4. I am kind and find kindness is returned back to me.
5. I go with the flow and learn from my mistakes.

	No Never	Sometimes	Usually	Yes, Always
	1	2	3	4
TOTAL	____/5=____			

TOTAL	____/5=____			

TOTAL	____/5=____			

TOTAL	____/5=____			

TOTAL	____/5=____			

TOTAL	____/5=____			

Please take your scores in each level of healing and create your current Wellness Wheel on the next page.

You create the wellness wheel by entering a pie slice in each section based on your score from each section of the wellness wheel questionnaire. *Now let's see if your wellness wheel can roll.* Total up each section and enter the score in the section as a piece of pie. You can easily see which key to focus on to make your wheel roll.

