



# HEALTH ASSESSMENT



## Are you Healthy? There are four levels of health.

Your health is created by what you think, say, feel, believe and do each day. The health assessment increases your understanding of how you create your health and gives you a system to live well.

Simply answer the questions, tally up the score and create your wellness wheel.

## Are You Healthy?

### General Health

1. I am well and do not get sick very often.
2. My body feels good and have few physical symptoms and very little pain.
3. I limit medication and/or mood altering substances.
4. I have consistent energy throughout the day.
5. I wake up excited about my day.

	No Never	Sometimes	Usually	Yes, Always
1				
2				
3				
4				
5				

SCORE \_\_\_\_/20

### Physical Health

1. I am flexible and my body is strong.
2. I maintain a healthy weight.
3. I eat well and feel good and energetic after I eat.
4. I drink water often and drink little caffeine.
5. I know my body reflects my lifestyle and I listen to it.


SCORE \_\_\_\_/20

### Mental Health

1. I like myself and accept myself.
2. I think positively and use words wisely.
3. I do not worry much about the past or future.
4. I do not dwell on what others think.
5. I spend 30 minutes in nature and quiet my mind daily.


SCORE \_\_\_\_/20

### Emotional Health

1. I express my feelings and do not try to suppress them.
2. I feel safe and comfortable being myself with others.
3. I do not over-react very often.
4. When I feel stressed, I address it.
5. I smile a lot and often feel joy.


SCORE \_\_\_\_/20

### Spiritual Health

1. I know I create my own health and can heal.
2. I believe that good things usually happen.
3. I am grateful and thankful for most everything.
4. I trust that everything that happens will help me grow.
5. I go with the flow and learn from my mistakes.


SCORE \_\_\_\_/20

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