

The Four Aspects of Self

Physical

Mental

Emotional

Spiritual

The Four Aspects of Self: Question List

Physical

- 1) Are you physically healthy and active?
- 2) Do you like and feel comfortable in your body?
- 3) Are you practical, down to earth, financially stable, independent?

Mental

- 4) Are you satisfied with your intellect?
- 5) Can you think and express yourself clearly?
- 6) Are you open to new ideas?

Emotional

- 7) Are you in touch with your feelings and able to express them appropriately?
- 8) Do you allow yourself to feel the full range of emotions - fear, sadness, anger, as well as love and joy - or do you find that certain emotions make you uncomfortable?

Spiritual

- 9) Do you feel a sense of connection to your spiritual source?
- 10) Are you able to spend time quiet and alone, just "being"?