



Wellness & Attractiveness Assessment

With the help of the Holy Spirit, determine where are you now... What number best represents each category. 1 being the lowest, 25 being the best you've ever been.

- 1-25 Emotional Wellbeing
- 1-25 Spiritual Wellbeing
- 1-25 Intellectual/Mental Wellbeing (brain health)
- 1-25 Physical Wellbeing
- Total Score (the capacity at which you do life currently)

If each represents a tire on your car, what would this ride be like & how long would it last?

Which category do you commit to improving first?

What are the habits I will let go of?

What are new habits I will implement?

What have you noticed about your attractiveness in this season?

What, if anything, could stop you from staying committed to becoming whole & complete?