



## Self-Assessment

### Self-Care & Health: Where I am now, what would I like going forward?

Take a few minutes to rate where you are in each of these areas of health and where you would like to be. Briefly note the reasons you chose your number.

| Nutrition  | Eating a balanced, healthy diet  |
|--|--|
| Current – What's so?<br>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?<br>1   2   3   4   5   6   7   8   9   10 | Desired States<br>Improvements, changes, or enhancements.<br>Where would you like this number to be?<br>What would bring it to your desired level? |
|  |  |

| Moving Well  | Enjoying freedom in movement, gaining the benefits of wellbeing.   |
|--|--|
| Current – What's so?<br>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?<br>1   2   3   4   5   6   7   8   9   10 | Desired States<br>Improvements, changes, or enhancements.<br>Where would you like this number to be?<br>What would bring it to your desired level? |
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| Healthy Mind   | Awareness of present moment; ease, balance and enjoyment in life.   |
|--|---|
| Current – What's so?<br>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?<br>1   2   3   4   5   6   7   8   9   10 | Desired States<br>Improvements, changes or enhancements.<br>Where would you like this number to be?<br>What would bring it to your desired level? |
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| <b>Weight Wellness</b>  | <b>At peace with food and weight; or using a supportive plan for balancing weight.</b>   |
|---|--|
| <p>Current – What’s so?</p> <p>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?</p> <p>1   2   3   4   5   6   7   8   9   10</p> | <p>Desired States</p> <p>Improvements, changes or enhancements.</p> <p>Where would you like this number to be?</p> <p>What would bring it to your desired level?</p> |
|   |  |

| <b>Healthy Relationships</b>  | <b>Rewarding, supportive relationships with self and others (family, friends, coworkers)</b>   |
|---|--|
| <p>Current – What’s so?</p> <p>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?</p> <p>1   2   3   4   5   6   7   8   9   10</p> | <p>Desired States</p> <p>Improvements, changes or enhancements.</p> <p>Where would you like this number to be?</p> <p>What would bring it to your desired level?</p> |
|   |  |

| <b>Financial Wellbeing: Abundance</b>   | <b>Financial stability and a sense of trust &amp; abundance in life.</b>   |
|---|--|
| <p>Current – What’s so?</p> <p>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?</p> <p>1   2   3   4   5   6   7   8   9   10</p> | <p>Desired States</p> <p>Improvements, changes or enhancements.</p> <p>Where would you like this number to be?</p> <p>What would bring it to your desired level?</p> |
|   |  |

| <b>Flourishing</b>  | <b>Experiencing the rewards of positivity, resilience, living life fully, thriving.</b>  |
|---|--|
| <p>Current – What’s so?</p> <p>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?</p> <p>1   2   3   4   5   6   7   8   9   10</p> | <p>Desired States</p> <p>Improvements, changes or enhancements.</p> <p>Where would you like this number to be?</p> <p>What would bring it to your desired level?</p> |
|   |  |

| Restoring Health   | Capacity to move towards optimal health even from a compromised state of health   |
|--|---|
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|  |   |

| Sustainable Living   | Living simply and compassionately, choosing wisely for the environment  |
|--|---|
| Current – What’s so?<br>On a scale of 1 (low) – 10 (high) how would you rate this area of your life?<br>1   2   3   4   5   6   7   8   9   10 | Desired States<br>Improvements, changes or enhancements.<br>Where would you like this number to be?<br>What would bring it to your desired level? |
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Other of your choice:

\_\_\_ Mind-Body connection - Awareness of the interconnection of mind and body, use of Mind-Body skills.

\_\_\_ Spirituality – Sense of connection to deeper layers of self or to something larger than oneself, i.e., nature, religion, etc.

\_\_\_ Personal & Professional Development – Growing and developing one’s own abilities, talents, interests, and a balance of living with both the *being* & *doing* of life.

\_\_\_ Physical Environment – Spaces where you live, work and landscapes of your life.

\_\_\_ Rest - Getting an adequate amount of rest and relaxation.

\_\_\_ Mindful Awareness – Paying attention to what you’re doing while you’re doing it.

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Visit the Hygeia Wellness Park at [www.hygeiawellnesspark.com](http://www.hygeiawellnesspark.com)

