

THE WELLNESS 360

ESSENTIALS

STARTER KIT

BLUEPRINT

1

Step
ONE



What is your Wellness SCORE?

When it comes to your health, you might know how much you weigh, what your cholesterol is or blood pressure numbers are. But do you know your Wellness Score?

Take the quiz below to find out the missing number to your health.

Why should I consider my Wellness Score?

Today's healthcare tests us for everything and we get labeled with a lot of numbers that are used to tell us how healthy we are and even predict our future. A visit to your doctor will tell you your weight and your blood pressure and if likely, a host of other numbers used to define your health. Health has become about numbers. While numbers can be useful, they are only part of the picture.

When it comes to wellness, there's many factors that influence our total well-being. Our health is not just what we eat or how much we weigh. Factors such as how much sleep we get, the quality of air we breathe, how we move our bodies all play a part. Beyond the physical, our health is also impacted by our mental and emotional well-being. Our careers and relationships affect our health. Our finances and spirituality play a role.

While science is proving that all of these aspects impact a person's well-being, modern medicine doesn't look at the person as a whole when defining one's health. Instead, traditional healthcare continues to isolate symptoms and problems in a box, spitting out numbers on the other end. Leaving your doctor's office with a bunch of numbers can be confusing and overwhelming, leaving you wondering what you need to do to actually feel better.



The Wellness SCORE QUIZ

Give yourself 1 point for each of the following statements that are true to your own personal behaviors. If the statement is not true, give yourself a 0.

- I eat more fresh, whole foods than processed foods.
- I engage in some type of physical activity each day.
- I experience a restful sleep most of the time.
- I spend some time outside each day.
- I do not smoke nor breathe in second-hand smoke.
- I drink 6 glasses of water per day.
- I feel good about the personal relationships I have.
- I enjoy my career.
- I feel financially secure.
- I am not stressed out.
- I have a spiritual practice that is a part of my life.
- I feel I have a purpose in life.

Your Wellness SCORE

Total the number of points from the quiz above and read the scoring below to better understand your score.

If you
scored between
10 - 12

Congratulations! Your current Wellness Score is fairly balanced. You are likely someone who is eating well, exercising and focused on improving other areas of your life that affect your well-being. If some areas may still be out of balance, use the Wellness 360 Wheel below to determine which areas still need support.

If you
scored between
6 - 9

You're on your way. You have some strong foundations in place for your health, but you are still working to improve other areas. Identifying which areas need further support will greatly benefit you. Choose one area at a time to focus on improving by using the Wellness 360 Wheel below.

If you
scored between
< 6

Time to set priorities. While you may feel that some areas of your health are going okay, there are areas that need some attention. Don't tackle them all at once, rather choose one areas at a time to focus on. Consider getting support from a trained professional or Wellness Coach in the areas you would like to improve.

Wellness360™ and your health

A holistic, integrated approach to our health is needed to support us to truly achieve wellness. Wellness 360 was designed to do just that.

Wellness 360 is the IAWP philosophy that our health and well-being is affected by all areas of our life. Beyond the food we eat, there are many other factors that affect our overall wellness. We can't just look at health in a vacuum, rather we need to look at the whole picture. Wellness 360 takes in account all areas of a person's life that directly impact one's health including physical factors such as Sunshine, Air, Sleep, Movement, Food and Water. And non-physical elements including Relationships, Career, Finances, Mindset, Spirituality, and Purpose.

Having a 360 degree perspective when you look at yourself will help you to see how one area of your life may be affecting another area. This interconnection between all parts of ourselves is truly a holistic approach to wellness. Wellness 360 reminds us that we are whole beings with a variety of influences upon our being. When we change one area of our life, we often see other areas change. When we struggle in one area, we often see a direct impact upon another area. Knowing how everything is connected, we can better prepare ourselves for creating more balance and lasting changes. Wellness 360 also points to the fact that we are all unique and have unique needs. What works for one person may not work for another, simply because one element of their life is different. The good news is, we don't have to do advanced medical testing to figure out why they are different. We can simply take the Wellness 360 degree approach to find out what is in balance and what is out of balance and work to make small changes to reach our goals.



THE Wellness³⁶⁰ wheel

Based on your Wellness Score, you can use the Wellness 360 Wheel to consider what areas are in balance for you and what areas are out of balance. Your Wellness Score is not set in stone and does not define you. It is meant to support you to better understand what areas you need support with to live a healthier life.



The inner wheel represents activities and things that affect you directly, the food you take in or the fresh air you breathe.

The outer wheel consists of indirect things that affect a person's health and well-being. While sometimes subconscious, the outer wheel plays just as an important role as the inner wheel in creating a healthy, balanced lifestyle.

When you have a 360 degree approach to your health, you can better understand where you are now and where you need support to make changes.

Wellness360[™] Discovery

Please fill in the form below on where you are now and where you would like to be.

What is your biggest health challenge?

How long have you dealt with this challenge?

In what ways does this challenge affect your health on a daily basis?

What other areas of your life does this health challenge impact?

What do you wish was different?

Is there anything you think you could do differently to change your situation?

If yes, list anything you think you could do differently and would be willing to try.

If you had a magic wand, what would your life look like one year from now in each of the following areas?

Food:

Water/beverages:

Movement:

Sunshine:

Air:

Sleep:

Relationships:

Careers:

Finances:

Mindset:

Spirituality:

Purpose:

Thank you for sharing and I look forward to supporting you on this journey!