

Your Whole Health Self-assessment

Self-assessment can be helpful and challenging at the same time! We don't always have the "ideal" insight into how we are doing in a certain area of life - we all have blind spots - but our perception is **always** important as a key driver in life satisfaction and growth. One of the main challenges in self-assessment is making it a true SELF-assessment, meaning it is a reflection of how **you** feel you are doing in a certain area. It should be accessed from the most intuitive, clear place possible. It should not run through the filter of how society, your best friend or your mother-in-law thinks you should be doing. ;) This is hard to separate out, but do your best to just do you!

As a reminder, these are some notes related to what is encompassed in the various domains of Whole Health. The self-assessment follows.

To your whole health!

Dr. Paige

Whole Health ... Mind, Body, Spirit, Life

1. MIND - Emotional Wellbeing

- a. Have a growth-oriented mindset, sense of curiosity and growth related to thoughts, feelings and beliefs
- b. Balance and experience of full spectrum of proportionate emotions (joy to sadness and all in between)
- c. Have an overall optimistic outlook/mindset/attitude/baseline level of contentment - appreciation and joy
- d. Have a resilient nature – able to process and accept negative feelings and experiences, internal locus of control; "What is the gift/lesson in this?"
- e. Restorative experiences - rest, vacation, joy fueling, mindfulness that balance stress responses
- f. Sleep
- g. Brain rest - quiet time, meditation time, mindfulness time

2. MIND - Intellectual Wellbeing

- a. Ability to focus, have mental clarity, maintain concentration, utilize time effectively management
- b. Effective Information processing, prioritizing of information
- c. Accuracy of memory, decision-making, general cognitive function
- d. Engagement in stretching and challenging your mind with intellectual and creative pursuits
- e. Sleep
- f. Brain balance - balance analytical tasks with creative tasks, intense work with "mindless" activity

3. BODY - Biochemical/Physiologic Health - achieving and maintaining **your** personal ideal
 - a. Nutrition and Hydration
 - i. Healthy What, When, Why you eat and drink
 - ii. Consume nutritious foods and beverages that fuel optimal health
 - iii. Consume foods and beverages mindfully in response to natural hunger/thirst cues and/or an informed eating plan
 - iv. Avoid use of food or beverages for emotional reasons (stress, boredom, habit, etc.)
 - v. Healthy food preparation techniques, cooking methods
 - b. Oxygenation - effective breathing methods (awake and sleeping)
 - c. Medications
 - d. Supplements
4. BODY - Physical Fitness/Body Structure - achieving and maintaining personal ideal
 - a. Strength
 - b. Flexibility, mobility, balance
 - c. Aerobic stamina
 - d. General activity level
 - e. Functional alignment
 - f. Balance of active versus sedentary time and frequency
 - g. Esthetic of Self
 - h. Restorative Sleep (of sufficient quality, quantity, pattern that fuels all domains)
5. SPIRIT - Spiritual Health and Growth
 - a. Utilizing natural gifts to be of service to the greater good
 - b. Connection and maintenance to the fueling force behind your purpose (faith for many, but not all)
 - c. Ponder the meaning of life for yourself; tolerance of the beliefs of others
 - d. Being true to yourself—live each day in a way that is consistent with your core values and beliefs
 - e. Sense of curiosity, growth, self-development with underlying contentment and hopeful outlook
 - f. Brain rest - quiet time to think, access your intuitive nature
6. LIFE - Support Systems
 - a. Giving and experiencing support, comfort, acceptance, authenticity, emotional and physical safety within a variety of personal and community relationships
 - b. Personal relationships: family, friends, romantic partner, colleagues

- c. Connection to community such as service-oriented, faith, community, culture, professional, hobby-based, support based, advocacy/volunteer groups
 - d. Supportive relationships such as accountant, doctor(s), therapist, professional mentor(s), networking groups, spiritual mentor, attorney, real estate agent, insurance agent, plumber, electrician, handyman, cleaners, yardwork
 - e. Sense of growth within and appropriate navigation of relationships including vulnerability, boundaries, leadership, confidence
 - f. Communication/connection methods that are comfortable for you - touch, verbal, eye contact, active listening
7. LIFE - Environmental health (home, work, school, car/transportation, community, nature)
- a. Experience a sense of order, emotional and physical safety, support and contentment within your various environments
 - b. Have environments that efficiently, safely and comfortably serve their purpose - productivity, efficiency, rest, connection with others, “fun”/joy
 - c. Respect for and appreciation of nature, microbiota, free from excessive toxins, pollutants, irritants
8. LIFE - Resources
- a. Responsible stewardship of money and resources; budgeting to your desired level
 - b. Healthy relationship with money and resources, examining limiting beliefs about money, what you’ve been taught and modeled about money
 - c. Experiencing a sense of contentment, confidence in ability to have provisions (money, transportation, shelter)

Your Whole Health Self- Assessment

Whole Health =	Mind		Body	
Whole Health Dimensions	Emotional	Intellectual	Biochemical Health	Physical Fitness/ Body Structure
Self-Assessment				
Current Positive Practices/Habits				
Rating 1-10: __	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
One idea for improvement in this area				

Whole Health =	Spirit	Life!		
Whole Health Dimensions	Spiritual Health & Growth	Support Systems	Environmental	Resources
Self-Assessment				
Current Positive Practices/Habits				
Rating 1-10: __	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊	😊😊😊😊😊
One idea for improvement in this area				

