

# WELLNESS aSSeSSMENT

The below questions should help you in assessing your current physical and mental wellness. Consider your responses carefully and flag any areas that require improvement, plus any actions you want to take, over the page.

Yes

No

1. **Do I need any check-ups (optician, dentist etc.)?**
2. **Am I getting enough physical exercise?**
3. **Is my energy level often high?**
4. **Am I eating healthily most of the time?**
5. **Am I drinking enough water?**
6. **Am I getting enough sleep?**
7. **Am I making enough time for self-care?**
8. **Do I have any rewarding hobbies?**
9. **Do I take enough holidays?**
10. **Do I feel good about my physical appearance?**
11. **Am I spending enough time with friends/family?**
12. **Am I saying 'no' to things when I need to?**
13. **Is my home and workspace organised?**
14. **Is my social circle free of 'toxic people'?**
15. **Am I in control of my finances?**
16. **Do I have regular 'phone off' periods?**
17. **Am I spending enough time in nature?**

**18. Do I feel a sense of gratitude on a regular basis?**

**19. Do I generally feel at peace with myself?**

**20. Do I have enough support?**

**What areas need attention?**

**What actions will I take to address this?**

**Notes**