

Integral Assessment

The following questions have been developed to assess your overall wellbeing from a physical, mental, energetic, and spiritual perspective. Put a check by the sentences that are true and add up the checks at the bottom of each section. Don't overthink it. Put your first response.

Nourishment

- ___ I eat several servings of vegetables each day, including leafy green vegetables.
- ___ I eat a low-carbohydrate or healthy carbohydrate diet.
- ___ I eat a low-sugar diet.
- ___ I eat a low-fat or healthy fat diet.
- ___ I put myself in situations that stimulate my creativity.
- ___ My life is filled with people who bring out the best in me.
- ___ I accept love easily from others.
- ___ One way I demonstrate love for myself is by taking good care of myself.
- ___ My soul or spirit feels nourished daily.
- ___ I drink enough water daily (body weight divided by 2 for ounces per day).
- ___ I earn a sufficient income so that I do not worry about my finances.
- ___ My digestive system functions effectively-no gas, indigestion, or pain.
- ___ I eat when I am hungry.
- ___ My nourishment is aligned with my values.

_____ **Total for Nourishment** (Total Possible is 14)

Cleansing

- ___ My joints move easily without pain or stiffness.
- ___ My skin is clear.
- ___ I move my bowels daily.
- ___ My weight is within the normal range for my height and build.
- ___ My tongue is not heavily coated.
- ___ I clean my teeth at least once a day.
- ___ In my living space, I only have things around me that I use or enjoy.
- ___ My closets are orderly.
- ___ My living space is clean.
- ___ I forgive others and myself easily.
- ___ I have compassion and love for my parents (or caretakers) in regards to things they did which brought pain or problems into my life.
- ___ If anyone in my life were to die today, I would feel that I had said what I needed to say to that person.
- ___ I easily let go of ways of acting, thinking or feeling that are not helpful.
- ___ If I become upset, I can usually resolve the issue within a day or two.

_____ **Total for Cleansing** (Total Possible is 14)

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Activity

- ___ I stretch for about 10 minutes at least once a day.
- ___ I do intensive short (HIT) or 45 minutes of strenuous exercise 4 times weekly.
- ___ I actively pursue hobbies that I find stimulating and creative and have many activities in my life that are fun and energizing.
- ___ I spend time out of doors being active at least 30 minutes most days.
- ___ I love the work I do for a living.
- ___ My work and personal life is aligned with my sense of purpose.
- ___ Activity in my life is balanced by rest and relaxation.
- ___ I use my sexual energy in ways that promote the well-being of myself and others.
- ___ At least several times a day, I am aware of my body as I do physical movement.
- ___ I make changes in my life when necessary.
- ___ I can easily promote an idea, a cause, or myself.
- ___ I can take charge of a situation.
- ___ I can readily follow others when I believe in the activity.
- ___ I am able to maintain a sense of myself as well as feel a part of a group in a community setting.

_____ **Total for Activity** (Total Possible is 14)

Rest, Quiet, Meditation, and Reflection

- ___ I do diaphragmatic deep breathing or something similar several times a day.
- ___ I sit or pray or move in a meditative way for at least 20 minutes each day.
- ___ I receive a relaxing massage occasionally.
- ___ I spend about 15 minutes a day doing nothing.
- ___ I take time alone when I need it.
- ___ I usually sleep easily and deeply for as long as I need to sleep.
- ___ I can nap easily if I am tired.
- ___ I usually wake up refreshed and energized.
- ___ I feel grateful much of the time.
- ___ I have a 14-hour period of time every 24 hrs in which I do not eat. Example--I don't eat from 6PM - 8AM.
- ___ I spend time daily thinking about what has occurred during the day & what I have learned from it. I am clear about my inner principles and values and live by them.
- ___ I am willing to explore different ways of thinking and feeling about things.
- ___ I am able to shift between different ways of thinking and feeling about things.

_____ **Total for Rest** (Total Possible is 14)



Integral Assessment

Your Name _____

Today's Date _____

Assessment Totals

Record the total from each section here.

Nourishment (14) _____

Activity (14) _____

Cleansing (14) _____

Rest (14) _____

Review the assessment and select one question that you would like to change. You can use this assessment as a way of focusing your energy and moving step by step to a fuller and more satisfying life. Be gentle and loving with yourself and move slowly but surely. The people that are successful in making lasting changes in their life usually decide on a goal, make a plan, underpromise when they set weekly objectives, get support, and move little by little toward their goal. See the setbacks in your progress as a way to learn how you limit yourself and think of them as things that come up to be healed. Work with a health coach if that is helpful. Acknowledge and reward yourself with each awareness and step. Remember that the turtle won the race.

I would like to work on:

The support I need is: