

SELF EVALUATION & RECOMMENDATIONS

Name _____ Email _____ Date _____

Quality of your overall life? __low __average __high

Level of stress in your life? __low __average __high

7 STEPS TO LIVE WELL	YES/NO	RECOMMENDATIONS
Step 1: Take Responsibility Are you being responsible for your whole person health? _____ Do you contribute anything to your current health/life situation? _____ Are you overly responsible for others at the expense of yourself? _____	_____ _____ _____	<ul style="list-style-type: none"> - Take charge of your health/life - Write down healthy goals - Attend support groups/classes - Research, be informed, ask questions - Write your feelings in a journal
Step 2: Renew Your Mind Is your mind always racing with endless thoughts? _____ Are you preoccupied with the past or future? _____ Do you know how to live in the present moment? _____	_____ _____ _____	<ul style="list-style-type: none"> - Meditate, practice mindfulness, be still - Reframe negative thoughts to positive - Set a positive intention every morning - Practice yoga, Qigong, mindful movement
Step 3: Renew Your Spirit Do you know your purpose in life? Is life meaningful? _____ Do you feel peaceful or know how to restore peace in your life? _____ Are you worried & fearful or is faith & hope guiding your life? _____ Do you feel loved, do you feel connected? _____	_____ _____ _____	<ul style="list-style-type: none"> - Find purposes in your life - Pray, connect to God or a divine source - Worship, prayer groups, support groups - Play music, sing, dance, do art, have fun - Anchor into your breath, deep breathing - Go outdoors, connect with nature
Step 4: Renew Your Body Do you feel physically well and take care of your body? _____ Do you have any habits that contribute to an unhealthy body? _____ Do you manage the stress in your body? _____	_____ _____ _____	<ul style="list-style-type: none"> - Stretch & move your body - get a massage or do self-care massage - Do body scan, breathe through tension - Hot bath with epsom salts & relax - Exercise, yoga, walk, dance, Qigong
Step 5: Maximize Resources Do you use your own innate powers that reside within you? _____ Are you aware of both internal and external resources? _____ Do you seek appropriate local resources to help you? _____	_____ _____ _____	<ul style="list-style-type: none"> - Start with your own internal resources: prayer, positive intentions, self love - Utilize a variety of external resources providers, therapists, pastors, friends - Try alternative natural holistic solutions
Step 6: Live Life in 3D (Balance Mind/Spirit/Body) Is your life out of balance in any areas? _____ When there is chaos or problems - are you able to remain calm? _____ What's going on in your head? ...your spirit? your body? _____	_____ _____ _____	<ul style="list-style-type: none"> - Integrate & balance mind/body/spirit - Be "present" in the moment - Focus on your breath - inhale/exhale - Be aware of yourself & of others - Walk in truth, Live in Love
Step 7: Do It Daily (Integrate Balance & Responsibility Daily) Do you see life as a journey ... living one day at a time? _____ Do you seek more happiness and better health daily? _____ Are you willing to change old habits and practice the above? _____	_____ _____ _____	<ul style="list-style-type: none"> - Integrate Steps 1- 6 on a daily basis - Live each day as if it were your last - Accept yourself & Love yourself - accept others, love others, connect others

Note: These recommendations are provided for educational purposes only. Consult your healthcare provider for clinical advice.