



Physical Wellness Assessment

Peace & Wellness

I am so excited that you are taking your Wellness Journey Seriously! When we cultivate our wellness, we help cultivate better wellness in the world and become a positive influence on other. This journey will definitely be worth the work. May you be encouraged and motivated daily.

How to Best Utilize this Assessment

For each statement, rate yourself on a scale of 1-5 based on how true it is for you. I have placed the scale on both pages so that you can easily refresh your memory. After you have finished the survey, add up all your points and find them on the Assessment Results Table. Follow the Instructions in the Results Table & in the General Suggestions, if applicable.

Meditate on Your Results and Decide on the best course of action. For minor imbalances, you may choose to work on them alone. For major imbalances, you may need to work with someone to help guide you in this dimension. If that is the case for you, I am available to help you get started. My info will be linked at the end of the assessment if you need to Book Your FREE 15- 15-minute consultation.

Keep Sowing & Growing



Physical Wellness Assessment

Physical (Body) Wellness	5 Often	4 Often	3 Sometimes	2 Rarely	1 Never
I get at least 7-9 hours of sleep each night					
I eat well-balanced meals and snacks that include fresh, whole foods					
I drink enough water daily (at least half my body weight in ounces)					
I engage in regular physical activity (strength, flexibility, or cardio)					
I avoid excessive consumption of processed foods, sugars, and unhealthy fats					
I listen to my body and seek medical/holistic care when needed					
I maintain a healthy posture and movement patterns throughout the day					
Spiritual Wellness Connection	5 Often	4 Often	3 Sometimes	2 Rarely	1 Never
I have a spiritual practice that supports my overall wellness (prayer, meditation, time in nature)					
I am intentional about the energy I consume (food, media, people, environments)					
I feel aligned and at peace with my body					
I honor my body as a sacred vessel and treat it with care and gratitude					
I engage in activities that nourish my spirit and bring me joy					
I feel connected with my purpose and values					
Emotional Wellness Connection	5 Always	4 Often	3 Sometimes	2 Rarely	1 Never
I express my emotions and feel comfortable doing so					
I have healthy coping mechanisms for stress and difficult situations					



Emotional Wellness Connection (Cont'd)	5 Always	4 Often	3 Sometimes	2 Rarely	1 Never
I am able to set and keep boundaries in relationships					
I feel emotionally balanced and in control of my reactions					
Mental/Intellectual Wellness Connection	5 Always	4 Often	3 Sometimes	2 Rarely	1 Never
I manage my stress effectively through relaxation techniques, mindfulness, or meditation					
I maintain a positive mindset about my body and overall health					
I set and achieve physical wellness goals					
I have a strong mind-body connection (e.g., I am aware of how my thoughts, emotions, and habits affect my physical health)					
I engage in activities that stimulate my mind, such as reading or problem-solving					
I am continuously learning and expanding my knowledge					
Assessment Totals Add each column to Calculate Your Sch					

Assessment Results

90-115	Optimal Wellness Keep Up the Great Work!	You are taking excellent care of your physical, mental, and spiritual well-being
89-74	Needs Some Work *See Next Page for Suggestions	You are doing good but have a few areas that need your attention and improvements
Below 74	Immediate Change Needed *See Next Page for Suggestions	Your physical wellness may be at risk. It's essential to prioritize self-care and make adjustments NOW!



General Suggestions

Needs Some Work

- ***Increase Daily Movement***—Add 15–30 minutes of exercise to your routine (stretching, walking, yoga, qigong)
- ***Hydrate & Nourish Properly***—Be intentional about drinking more water (or water from fruits), adding fresh nutrient-dense foods to your meals.
- ***Practice Mindfulness***—Set aside 5–10 minutes daily for meditation, deep breathing, or journaling to enhance your mental and emotional connection to your body.

Immediate Change Needed

- ***Establish a Sleep Routine***—Set a consistent bedtime and reduce screentime before bed, turning off electronics and Wi-Fi to improve sleep quality.
- ***Reduce Stress & Energy Drains***—Identify stressors and replace them with grounding activities like time in nature, gratitude practices, or relaxation exercises.
- ***Seek Professional Support***—Whether it is a nutritionist, trainer, or therapist, get guidance needed to cultivate sustainable changes. If you need immediate guidance in getting started or crafting a wellness plan, as a Wellness Cultivator, I can assist you and make the necessary referrals.

[Click Here to Book Your FREE 15-Minute Consultation.](#)