

From Wellness to WOWness

The following questions have been designed to help you to assess your present state of Wellness.

Yes **No**

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I do resistance exercises to improve my strength and endurance. |
| <input type="checkbox"/> | <input type="checkbox"/> | I always eat high-quality, organic foods that fuel and nourish my body. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am very happy with my body and body image. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have more than enough energy and vitality to get me through the day. |
| <input type="checkbox"/> | <input type="checkbox"/> | I succeed in maintaining my ideal body weight. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel my body and my mind are in perfect harmony. |
| <input type="checkbox"/> | <input type="checkbox"/> | I maintain my physical flexibility with a regular exercise program. |
| <input type="checkbox"/> | <input type="checkbox"/> | I keep my mind alert by enrolling in courses, reading, and learning new things each day. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a personal statement of purpose or mission statement. |
| <input type="checkbox"/> | <input type="checkbox"/> | I do not have to work at financial success; it seems to find me. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am happy and content with my spouse/partner, or happy being single. |
| <input type="checkbox"/> | <input type="checkbox"/> | I have a great circle of friends that I can have a blast with. |
| <input type="checkbox"/> | <input type="checkbox"/> | I prefer to walk up one or two flights of stairs rather than take the elevator. |
| <input type="checkbox"/> | <input type="checkbox"/> | I understand that I am more than what I do. |
| <input type="checkbox"/> | <input type="checkbox"/> | I am completely happy with the life I have created for myself. |
| <input type="checkbox"/> | <input type="checkbox"/> | If I discovered that major changes were needed in my life, I would be more than willing to make them. |

Totals

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