Holistic Wellness Self-Assessment Quiz

Congratulations on taking this step to improve your health and well-being. The first step is always awareness and gaining clarity. This quiz will help you do that. It will show you the areas where you are doing well and where you will most benefit from making improvements.

This self-scoring quiz is divided into two categories, physical health and mental/emotional/spiritual well-being (MES). It uses an easy point system ranging from 1-4 points. If you are not sure which number to choose, go with your first response.

You may print this document for scoring and assessing your results. Keep the digital file for links to related pages.

After scoring your quiz, you will read about what steps to take next on page 3.

**Physical Health**

**Scoring:** Give yourself 1-4 points for each statement.
1=rarely/never, 2= sometimes, 3= often, 4=most of the time/always

1- I get adequate sleep and I am well rested.
2- I eat regular nutritious meals and limit junk food (and drinks).
3- My digestive health is good.
4- I get a total of 2.5 hours of moderate to vigorous exercise a week - ie brisk walking
5- I feel good about my daily energy levels.
6- My body is free of pain.
7- As far as I know, I am healthy and free of chronic, debilitating physical conditions.
8- I am aware of toxins and support my body's detoxification systems
9- I do not smoke or abuse alcohol or drugs.
10- I maintain a healthy weight for my age and height.
11- I live an eco-friendly lifestyle - ie buy local food, drive less, turn off lights.
Total score.

Mental/Emotional/Spiritual Well-being

Scoring: Give yourself 1-4 points for each statement.
1=rarely/never, 2=sometimes, 3=often, 4=most of the time/always

1- I recognize and manage stress in my life with ease.
2- I release feelings of guilt and blame toward myself and others quickly.
3- I feel emotionally calm and at ease in familiar and new social situations.
4- I do not have anger issues and express anger appropriately.
5- I feel an overall sense of peace within myself.
6- I consider myself a happy person.
7- I treat myself and others with kindness, compassion and care.
8- I accept myself for who I am and who I want to be.
9- I do not suffer from melancholy or “the blues”.
10- I believe my life has meaning, purpose, and direction.
11- I am aware of my emotional states and have healthy ways to manage them.

Total score.

Category Results

Put your total score from each category here.

Physical Health Total Score
M/E/S Health Total Score
What to do next

Now that you can see where you are doing well in regards to your health and well-being, and where there is room for improvement, it’s time for the next steps:

**First**, note or circle the category with the lowest score. This will be the category you start with. Example: You scored 22 on physical health and 27 on M/E/S well-being. Your focus will be on physical health.

**Next**, choose a statement with the lowest score that you are willing to improve by one point. Example: Your lowest score was a 1 for numbers 2, 3 and 11. You decide to improve #2 which relates to your diet.

**Then**, click on the link to the ‘how to’ page and decide what you are willing to do to raise your score. Click on relevant links for more information when needed. Choose what you are willing to do consistently.

**Hints:** When deciding what step or steps to take it is best to focus on small, easy changes that you can maintain over time. It is usually easier to add something in than to take something away when you begin making changes. It is easier to add an apple to your lunch than to take away the chips. Upgrades can also be easy. For example: upgrade from potato chips to bean or lentil chips. Another suggestion is to hook your change onto an already established habit. Ie: Since you already eat lunch, adding a piece of fruit or vegetable sticks to your meal is easy. Since you are already parking your car in the parking lot, it is easy to park another minute away from the building.

**Implement:** Be consistent. If your plan isn't working, tweak it. Congratulate yourself often for each and every step. Your brain will work for you when you reward it for following through. Make sure your reward does not negate your change. Ie: a reward for eating bean chips isn't potato chips.

**Next steps:** When you are satisfied that you have reached and can maintain a one-point improvement, which may take one or several changes, choose another low-score statement to work on in either category. Feel free to print multiple copies of the quiz for your personal use.

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Options: If you scored a “1” on “I eat regular nutritious meals and limit junk food”, you may want to start there as diet is a critical part of a healthy mind and body. So is moving and exercising your body.

If you want, you may also start with a lowest score from each category. That works, too. Just don’t try to implement too many changes at once. Your brain is much more willing to make tiny changes one at a time consistently, then many and big changes at once.

Of course, if a low-scoring statement really speaks to you, by all means, choose that.

Why start with your lowest score in the lowest scoring category?

That is where you are likely to feel the most improvement in your health and well-being. Also, this is a holistic approach to wellness. What affects your mind, affects your body, and vice versa.

New to holistic health and healing? Learn more here.

Are you suffering from a life-threatening or serious chronic illness?

This page is for you.

I hope you found this holistic wellness quiz helpful. I love hearing your feedback. It helps me serve you and our other readers better.

Do you have questions or comments about the quiz?

Contact me (Val) here

Many thanks and all the best,
Val Silver