



The information below will assist you in understanding what is going on in your life and to more mindfully live it. Answer each question as honestly as you can and keep in mind that there are no 'right' answers to them. Notice though what comes up for you and be kind and gentle to yourself as you go through them.

Basic Physical Overview- how is your physical body?

Age _____

Sex _____

Weight _____

Is your weight Below Average Average Above Average

Fitness Unfit Fit Very Fit

Amount of Alcohol you drink Don't Moderate A lot/ Binge

Amount of Sleep you get each night less than 6 hours 7-9 hours More than 9 hours

Energy levels each day Sluggish Okay Energised

Basic Mental Overview- how are you coping with life?

How stressed are you each day? Below Average Average Above Average

Is there a lot of drama in your life each day? No/Moderate Some A lot of drama

Do you have people you can talk openly to? No Yes A Lot of people

Do you reach out to friends/family when you need help? No Sometimes All the time

Are you doing what you love in your life? No Some of it Yes, and more

Do you have social outlets- sports, hobbies etc.? No A little bit All the time

*Important Note: If when completing this you have any serious physical or mental concerns then please consult a trained medical specialist immediately- this is **not** a tool to replace professional medical treatment, but a self-monitor tool to assist you with understanding where you are at. Its aim is to assist you in better managing the different areas of your life so you can live more mindfully.*



Mindful Health Overview-
how mindfully are you living your life?

- Are your social online networks the first thing you re-connect with when you wake up? __No __ Sometimes __Everyday
- Do you take time away from your devices each day? __No __ Sometimes __Everyday
- Do you take quiet time out for yourself or to meditate each day? __No __ Sometimes __ Everyday
- Do you disconnect from what is going on in the world regularly? __No __ Sometimes __ Everyday
- Do you know your life's purpose? __No __ Maybe bits __Yes, its clear
- Are you living your life in a way that is aligned with your life's purpose? __No __ Parts of it __Yes, its in line
- Have you connected to your integrity- i.e. what is right or wrong for you? __No __ Sometimes __Yes, always
- Are you doing what you love in your life? __No __ Sometimes __Yes, I love it
- Do you organise a lot of people at work/ at home/ in the community? __No __ Sometimes __All the time
- Are you wealthy money wise? __No __ Sometimes __Yes, wealthy
- Do you have a lot of freedom with what you do in your time? __No __ Sometimes __Yes, freedom
- Do you have good health mentally, physically and emotionally? __No __ Sometimes __Yes, and more
- Do you have a list for the day/week/month of what you plan to do? __No __ Sometimes __Yes, I plan
- When meeting up with friends/family are you always clear about why you are meeting up? __No __ Sometimes __Yes, its clear
- Do you manage your energy levels through the day and know when to drink, eat, rest? __No __ Sometimes __Yes, I manage
- Do you communicate your needs clearly to those around you? __No __ Sometimes __Yes, I'm clear
- Is the environment where you **live** supportive and nurturing for you to be you? __No __ Sometimes __Yes, it supports
- Is the environment where you **work** supportive and encourages you to be you? __No __ Sometimes __Yes, it supports

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