

Health Assessment & Wheel of Life

by Angela Poch www.BodyMindHealthCoach.com

Prioritizing Your Life

We can't do everything so how do we know what we should or shouldn't do? How do we fit in work, relationships, rest, exercise, and all things we need to be healthy? We start with listing our most important values. It's important to really narrow these down to their core root. For example: You may see I need to make money as a priority, and it may be, but for most people, making money is not the end goal, it's what they can spend the money on or what the money brings to them emotionally. Stability, security, etc. Ask yourself how does this make me feel? That can help identify the end goal.

Since all areas of your life affect your health to some degree this will be a comprehensive outline of your priorities both for your life and your health specifically.

We will start by brainstorming with some questions. Put the answers to these questions down, making sure you rate them 1 to 10, 1 unhappy, unsatisfied, to 10, very happy with it currently in my life, almost perfect. You will summarize this in this in the next worksheet. Keep in mind you could ask yourself MANY other questions, don't limit yourself to what's here. If you feel you have a good family life but can't answer strongly on the questions listed that's ok! Just note why you feel that way.

1. Overall Health

Am I generally fit and well?

Do I have energy to reasonably get through the day?

Do I have regular check ups?

Do I avoid self diagnosing my physical and mental health?

Am I seeing a dentist and optometrist regularly?

Do I have anxiety, worry, or fears?

Do I feel sad, apathetic, or lonely?

Do I ever feel life is not worth living?

2. Nutrition

Do I eat minimum 3-6 whole grains every day?

Do I eat colorful fruits and veggies every day? At least 5-7 servings combined?

Do I limit junk food?

Do I eat at regular times?

Do I get enough Omega 3?

Am I satisfied with how I eat, even if I could do better (or do I worry about my food)?

Do I eat relaxed?

3. Exercise & Water

Do I exercise at least 4 times a week? Do I exercise for 30-60 minutes each session?

Do I get my heart rate up for part of my workout?

Do I workout outside? Do I do at least some walking through the day?

Do I vary my workout? (IE: cycling, walking, swimming, walking in different areas and speeds) Do I do some strength training? (IE: gardening, making bread by hand, or using weights)

Do I drink enough water that my urine clear?

Am I thirsty a lot but ignore it?

4. Fresh Air & Sunlight

Do I get outside for 30 to 60 minutes each day?

Do I expose my face and arms when outside?

Do I do deep breathing regularly?

Do I breathe with my whole diaphragm?

Do I practice deep breathing several times a day, especially when sitting down a lot?

5. Nature, Rest & Recreation

Do I sleep 7-8 hours per day on average?

Do I fall asleep within 20 minutes?

Do I worry about not getting enough sleep?

Do I wake more than 2 or 3 times per night for more than 10 minutes?

Do I take time each day to relax?

Do I take time each week/month to enjoy nature?

Do I take a vacation to unwind from the pressures of work or life?

6. Avoiding Toxins

Do I avoid alcohol? Do I avoid drugs? Do I avoid smoking?

Do I avoid caffeine?

Do I live in an environment with good air quality?

Do I work in a relatively toxin free environment? (IE: some mining and manufacturing uses toxic chemicals, if so are you following safe guidelines?)

I don't allow my emotions to build up or hide them.

I have forgiven everyone who has hurt me in the past.

7. Overall Stress Management

Do I know how to relax?

I know how to properly grief loss?

I understand loss is more than death, and includes anything I can no longer have or achieve.

I have stress coping skills

I can admit when I'm hurt and angry.

I can see when something is causing me stress and work to coping with it.

I don't avoid all pain and conflict.

8. Family & Relationships

How is my marriage? Am I nurturing the relationship we have with each other?

Do I have/want a close circle of friends?

Do I spend enough time with family and friends?

Do I value the relationship we have with each other?

I know how to communicate effectively with my friends and family?

I'm ok with some friends and family not in my life every day, week, year.

9. Work, Daily Life & Money

Is my job rewarding?

Do I earn enough and live within my means?

Do I save enough? Am I planning for financial freedom?

Do I like the area in which I live?

Is my home comfortable, tidy and warm?

Is my car serviced and reliable?

10. Personal Growth & Spirituality

Am I continually learning new things?

Do I enjoy new opportunities for growth?

Are the things I do growing me as a person?

Do I keep my appearance nice, am I OK with myself?

Do I take time each day to pray and meditate?

Do I find joy in serving others? Do volunteer work?

Is my faith rooted in a loving God or a tyrant who expects perfection?

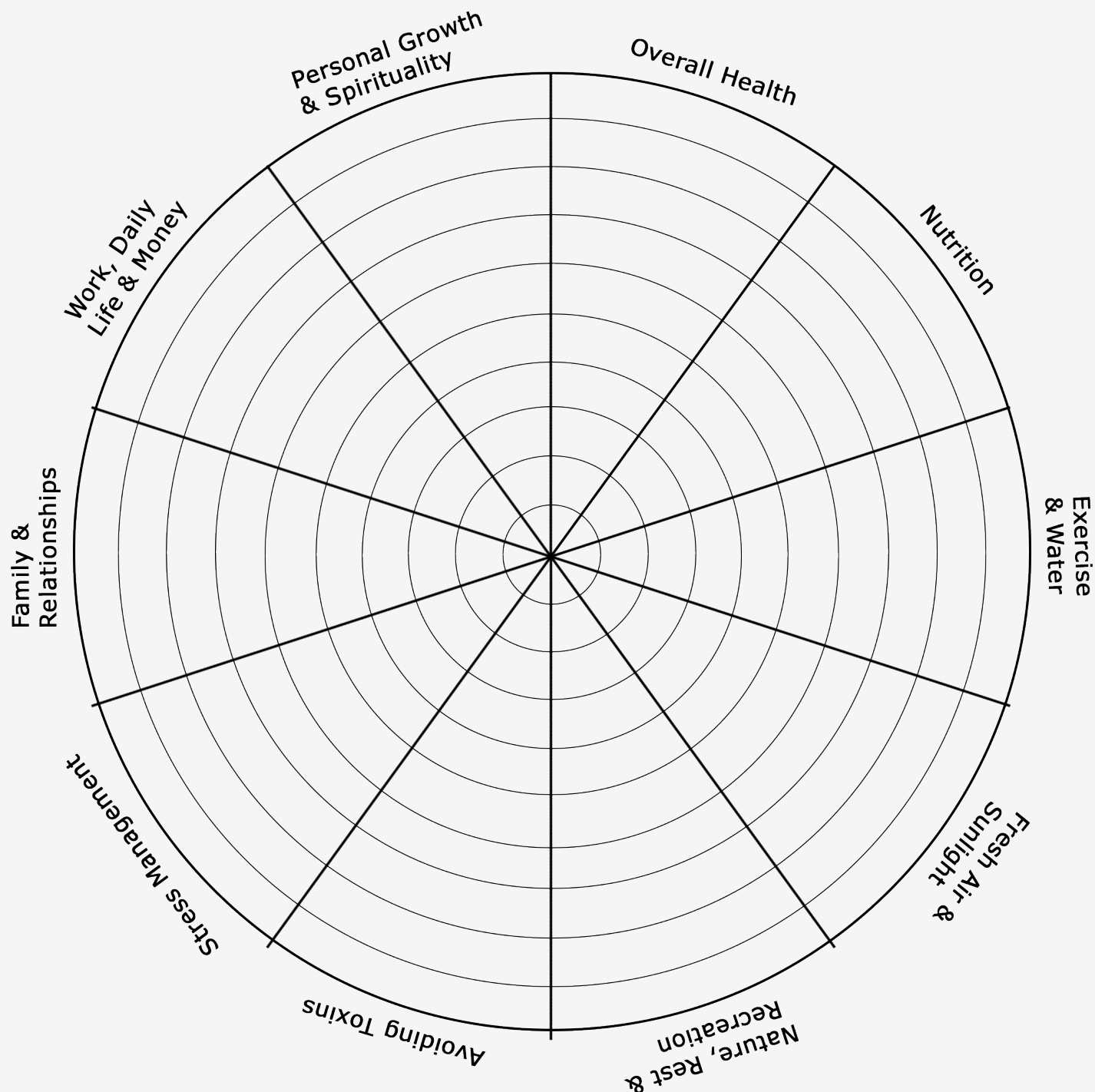
Life in Balance - Your Starting Point

It's helpful to have a starting point. A snapshot of where you are at right now. Use the table below to fill in each of the standard categories where you are at right now. In the middle column, assess each area in your life currently from 1-10, 1 you are not happy with it at all, to 10 it couldn't be better, it's practically perfect. Then on the third column put in your reason for the score you gave.

Category	1 to 10	Why did you put that score? (a summary from your thoughts and answers to the previous questions)
1. Overall Health		
2. Nutrition		
3. Exercise & Water		
4. Fresh Air & Sunlight		
5. Nature, Rest & Recreation		
6. Avoiding Toxins		
7. Stress Management		
8. Family & Relationships		
9. Work, Daily Life & Money		
10. Personal Growth & Spirituality		

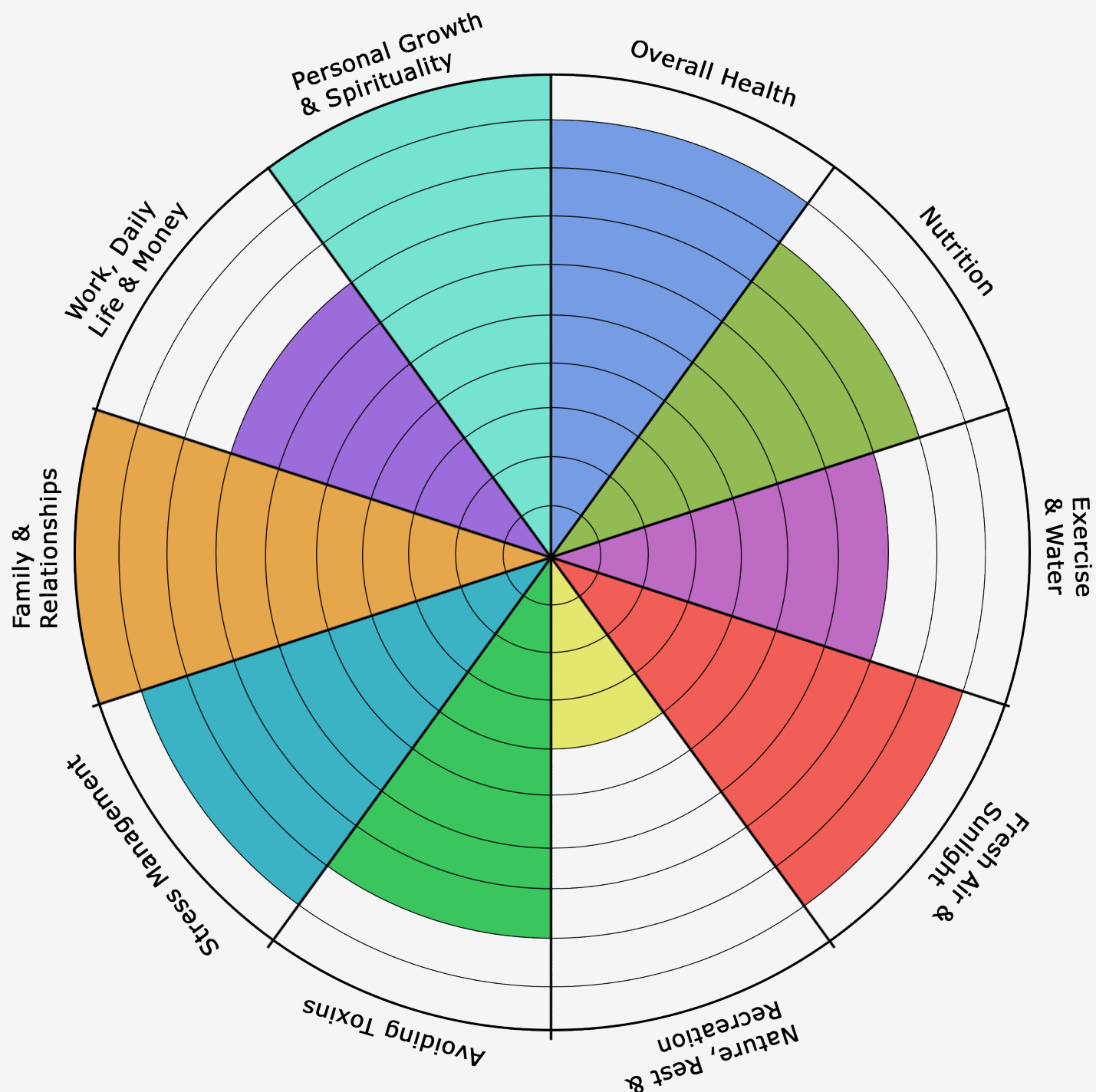
The Wheel of Health Exercise

The wheel of life is used often to see visually the priorities and how you are accomplishing those in your life. One that shows what is going on right now and one that reveals what you actually want. Directions: Using the numbers from the chart on the previous page, fill in each wedge with a felt pen or crayon (different colors for each can be fun and easier to see the results) to the number of sections matching your number. IE: if you scored 5 in nutrition then color in 5 sections starting from the center. See the next page for example.



Wheel of Health Example & Explanation

The idea is to reveal if your wheel is balanced and will roll through life well or is it deformed. How does your wheel look? Are some categories filled in more than others like this one below? This wheel won't roll very smooth. We need balance in our lives, especially for the things that bring us the most happiness. You don't need to spend the same amount of time or energy on each section, so long as you are happy with how it is working in your life. What if it's not where you want it? Let look at that.



Wheel of Health Example & Explanation

Now that you can see what areas of your life would be good areas to work on, use the following questions to dig deeper for each segment, uncovering your desired outcomes, and what you can do to improve your balance.

- Have you ever been higher than the number you have recorded?
- What was actually happening when you were higher up the scale?
- Have you ever been lower than the number you have recorded?
- What did you do to move up the scale?
- What have you learnt from previously being lower on the scale?
- What number on the scale do you want to be?
- What exactly do you want?
- What actions can you take to start moving up the scale?
- What will you be like when you have achieved this?
- What will be the impact of achieving this on other areas of your life?
- How will achieving this affect others close to you?
- What will achieving this bring you that you want?
- What will achieving this bring you that you don't want?
- What skills do you already have that will assist you in achieving this?
- What skills do you want to gain that will assist you in achieving this?
- Where can you learn these skills?
- What other options do you have?
- What would need to happen for you to move up one point on the scale by this time next week?

Use the answers to these questions to develop your plan and action steps. Share this worksheet with your health coach and they can provide a sounding board to further explore how to reach your health goals. They will have some handouts that you may find useful in most of these areas, from stress management to exercise. Ask your workshop facilitator or health coach about these resources.