

# Before you start: SELF ASSESSMENT<sup>1</sup>

**In order to know where you're going and how to get there, you must first understand where you are.**

Take this quick test to get an understanding of your current wellbeing.

- + Reflect on how you feel for each of the different aspects of wellbeing.
- + Think of a value from 1 to 10 for each aspect.
- + A 1 rating means "I really struggle with this" and 10 means "I feel great" or "I have no problems with this."
- + To assign a value, fill in the small circle from 1 to 10. (Example ratings can be found in the descriptions below).
- + Then draw a line to join the marks to see which areas of wellbeing you should focus on.



## Stress management

Do you cope well in stressful situations (e.g. rating 8) or do you struggle – mentally and physically – when life gets complicated (e.g. rating 2)?



1

2



## Immunity

Do you stay healthy while others around you fall ill (e.g. rating 9) or do you easily catch colds and viruses (e.g. rating 2)?



## Sleep quality

Do you feel like you regularly get enough sleep (e.g. rating 8) or does it feel like your sleep time and quality is inconsistent (e.g. rating 2)?

6



3

## Physical activity

Do you love exercising regularly and never miss a workout (e.g. rating 10) or do you find exercise to be a chore that you try to avoid (e.g. rating 2)?

## Digestion

Are your bowel movements regular and comfortable (e.g. rating 9) or infrequent and occasionally difficult (e.g. rating 3)?



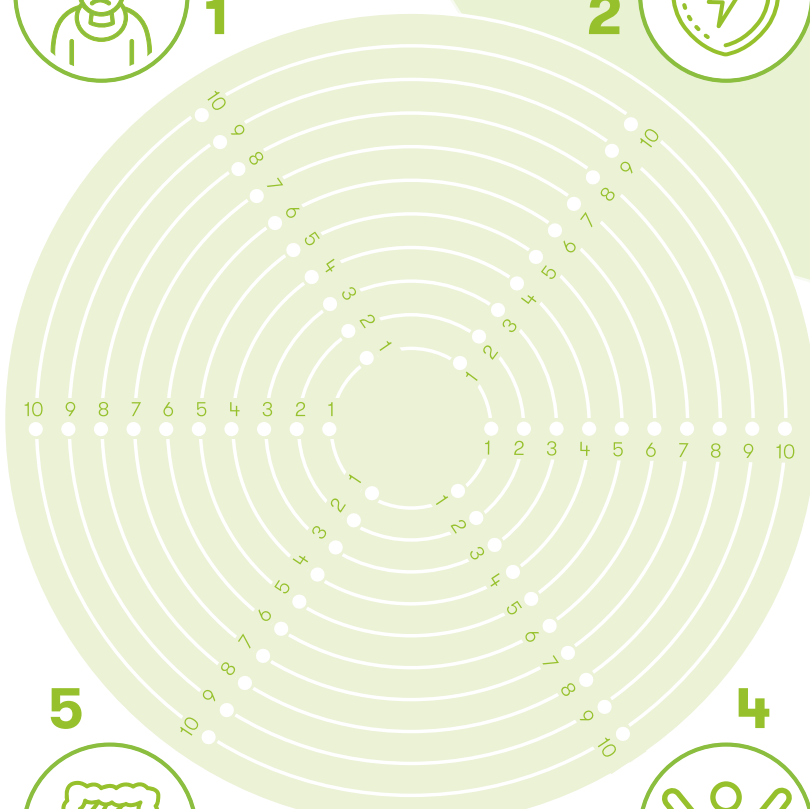
5

4



## Overall appearance

Do you feel happy with your skin and body (e.g. rating 8) or are there areas you would really like to improve (e.g. rating 3)?



**Too many marks close to the centre of the wheel indicate that you might benefit from some changes to your lifestyle.**

<sup>1</sup> This self assessment is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.