



# 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, thinking of a value from 1- 10 for each aspect of wellbeing.
- + A 1 rating means "I really struggle with this" and 10 means "I feel great".
- + To assign a value, fill in the small circle from 1 to 10.

## 1. 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

## 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)?

## 6. 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)?



3

## 5. Digestion

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



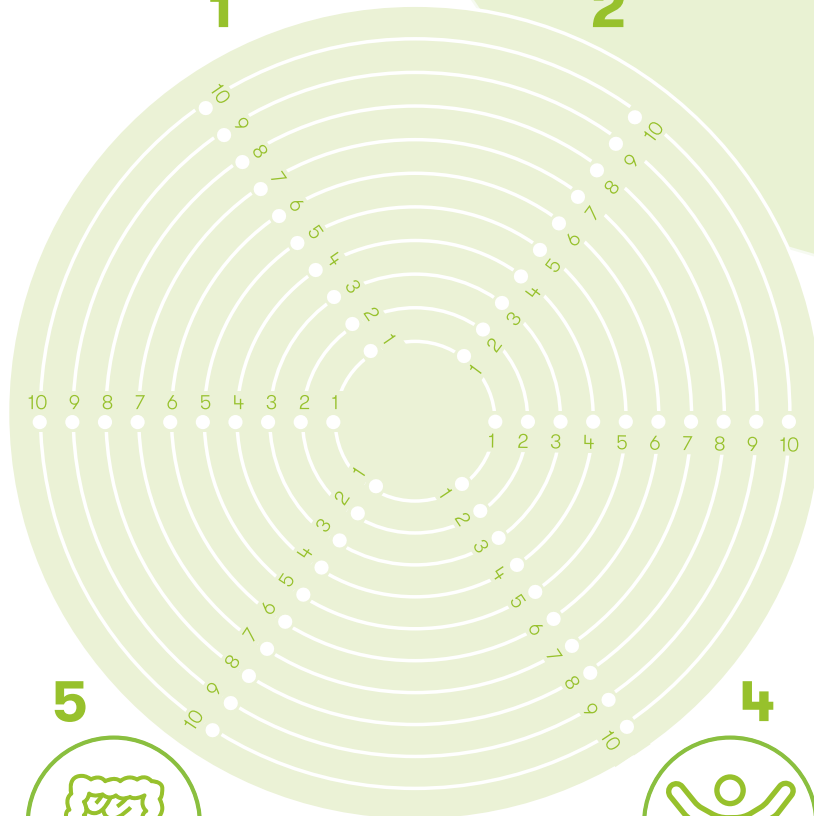
5



4

## 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.