

LIFESTYLE ASSESSMENT QUESTIONNAIRE

This lifestyle/health appraisal is based on 8 separate criteria that greatly impact your wellbeing and ability to recover from stress and dis-ease. Simply respond to the following 24 statements in a truthful manner and it will help you and you're your practitioner to know the areas that that need attention. We will guide you on ways to improve the specific areas that need help with proven, verified actions you can implement at home.

Please score each question on the scale of 1 to 10

(1 = I Completely Disagree 10 = I Completely Agree)

- _____ 1. I am willing and able to uphold some form of movement practice even if I don't feel up to it and am fatigued.
- _____ 2. I always perform a morning movement routine that provides me with energy.
- _____ 3. I uphold a regular exercise practice three (3) or more days per week.
- _____ 4. My pantry and fridge is always stocked with natural, high quality whole foods like organic fruits and vegetables.
- _____ 5. I prepare most of my meals at home, and eat them mindfully (never in a hurry, watching TV or listening to the news).
- _____ 6. I avoid mass-produced grain, sugar, dairy, red meats and other processed food products like microwave meals, cereal, and savory snacks (like potato chips).
- _____ 7. I wake up feeling fully rested and restored, and do not require caffeine to get my day started.
- _____ 8. I know what I need to do to rest and recharge myself when I'm feeling tired during the day.
- _____ 9. I average 8 hours of uninterrupted and regenerative sleep every night.
- _____ 10. I know what excites and uplifts me most, and make it a priority to pursue those things daily.
- _____ 11. I experience feelings of joy by witnessing or participating in the joy of others.
- _____ 12. I am able to effectively change my state from negative to positive regardless of outside circumstances. Joy and happiness are within me at all times.
- _____ 13. Regardless of any struggles or challenges, I firmly believe the world is a friendly and not a hostile place by nature.
- _____ 14. All that I need for healing myself, helping others and living a meaningful life is within me always.
- _____ 15. I feel complete as I am right now. I can give freely (my time, attention, resources) without feeling that I'm "giving away".
- _____ 16. The location where I live provides me with nourishing activities that I love.

- _____ 17. My home is clean and clutter-free. I do not have excessive belongings and make good use of or enjoy everything that I own.
- _____ 18. My home provides a relaxing environment that replenishes and recharges me.
- _____ 19. I can be my true self regardless of the company I'm in. Despite apparent differences with people, I maintain the belief "we're all human and in this world together".
- _____ 20. I express myself freely and truthfully with compassion to the people closest in my life.
- _____ 21. I feel uplifted and supported in the company of close friends.
- _____ 22. Although I may not know exactly what it is, I believe that I live in a purposeful universe.
- _____ 23. I have the sense that all my life's experiences (negative and positive) are orchestrated by some larger power, and for a positive purpose.
- _____ 24. I know what I personally need to do in order to feel connected to the universe (e.g. meditate, get into nature, work with others, etc), and make it a point to do at least one of these things each day.

****** Thank you for completing this Lifestyle Questionnaire. ******

1. **Movement** – This pertains to any type of exercise that facilitates a shift in physiology, including anything on the exertion spectrum from resistance training, to running, swimming biking and other forms of cardiovascular exercise, to more restorative exercises such as yoga, Tai chi, Qi gong and even conscious breath-work.

2. **Diet** – An analysis of your eating habits, the quality of foods you eat, and the importance you give towards your diet as it relates to your current state of health.

3. **Quiet** – A look at your sleep, restoration, and regeneration routines and how you cope with exertion and stress.

4. **Joy** – This goes back to your source, your dream. Fun and joy should be a central component of any healing or sustainable self-improvement endeavor. Do you incorporate activities that cultivate enjoyment in your life on a regular basis?

5. **Environment** – A review of your surroundings and if they are optimized to bring you the most harmony and align you with your inner sense of self.

6. **Abundance** – Do you harbor an abundance or scarcity mindset? Neurophysiology shows that the difference of where your belief system is in this category can have a great impact on healing.

7. **Relationships** – How you interact with others – Just as no cell in the human body functions in isolation, we as individuals function as a part of a greater collective (family, community, society and planet).

8. **Connection** – This includes aspects such as your relationship to nature, to your surroundings, and your overall sense of connectedness in this universe.

