

## Handout 4-4

### Holistic Health Wellness Inventory

Rate each statement as it applies to you. Place your rating on the line and tally each section.

0 – rarely, 1 – sometimes, 2 – often or usually

#### Section 1: Relaxation

I am generally relaxed and unworried.	
I sleep well and awake refreshed.	
I relax or meditate 15 – 20 minutes a day.	
I have plenty of energy.	
I engage in relaxing activities during my free time.	
TOTAL	

#### Section 2: Lifestyle

I believe how I live my life is an important factor in determining my state of health.	
The people I spend my time with are of like mind and support my personal growth.	
I do everything in my power to foster my own health and well-being.	
I give myself presents, treats or nurture myself in other ways.	
My family life is peaceful and harmonious.	
TOTAL	

#### Section 3: Moving

I walk rather than drive whenever I can.	
I do aerobic exercise three or more times a week.	
I do some form of stretching or limbering exercise at least three times a week.	
My body feels flexible.	
I feel fit, energetic and healthy.	
TOTAL	

#### Section 4: Eating

I eat natural, wholesome foods without additives.	
I eat at least two raw fruits or vegetables each day.	
I drink fewer than 2 cups of coffee or black tea per day.	
I avoid "junk foods" like soft drinks and chocolate bars, etc.	
I am within 20 lbs. of what I feel is my ideal weight.	
TOTAL	

#### Section 5: Work/school/volunteer/hobby time

The work I do is rewarding to me.	
I feel fulfilled and appreciated in my place of work.	
I work a moderate number of hours, avoiding excess overtime.	
My communications with co-workers are open and harmonious.	
I experience little anxiety or insecurity in my position and place of work.	
TOTAL	

#### Section 6: Feeling

I am able to feel and express my anger in ways that solve problems, rather than swallow anger or store it up.	
I am able to say 'no' to people without feeling guilty.	
I laugh often and easily.	
I feel okay about crying and allow myself to do so.	
I can ask for help when I need it.	
TOTAL	

Section 7: Thinking

I am in charge of my thoughts and emotions and am satisfied with what I choose to think about.	
I am aware that I make judgments wherein I think I am 'right' and others are 'wrong'	
I am conscious of changes (such as breathing patterns, muscle tension, skin moisture, etc.) in my body in response to certain thoughts.	
Rather than worry about a problem when I can do nothing about it, I temporarily shelve it and get on with the matters at hand.	
I use my creative powers in many aspects of my life.	
TOTAL	

Section 8: Leisure/Fun/Creativity

I enjoy expressing myself through art, dance, music, drama, sports, etc. and make time to do so.	
At times I allow myself to do nothing.	
I take at least one day a week away from work/school/obligations to enjoy myself.	
I have energy to use my free time creatively.	
I feel free to simply have fun without a purpose.	
TOTAL	

Section 9: Communication

In conversation I can introduce a difficult topic and stay with it until I've gotten a satisfactory response from the other person.	
I assert myself (in a non-attacking manner) in an effort to be heard, rather than be passively resentful of others with whom I don't agree.	
I feel free to ask when I need love or caring.	
I am able to listen to people without interrupting them or finishing their sentences for them.	
I am able to be open to other people's opinion of me, be it praise or criticism.	
TOTAL	

Section 10: Finding Meaning/Spirituality

I believe my life to have direction and meaning.	
I have goals in my life.	
I meditate or spend time in introspection.	
I use affirmation (positive thinking) or prayer as a healing tool.	
I perceive problems as opportunities for growth.	
TOTAL	

Total each section and transfer the score onto the pie graph.

*Created from the Kripalu Self Health Guide and a wellness inventory by John W. Travis M.D. L.  
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