

YOUR WELLNESS AUDIT

The best time to plant a tree was 20 years ago. The second best time is now.



Hopefully we can get your cogs turning to create some growth of your own

WHAT do we do?

Take the time to read through all of the questions on the audit sheet and let the content sink in, it's really important that you consider your true position of the scale.

Complete all of the areas, then assess where YOUR areas for greater attention are.

Jot down these points in the reflection notes along with any other thoughts or observations.

WHY are we doing this?

This task highlights the broad range of factors that contribute to holistic well-being, and hopefully creates greater self awareness in relation to these factors.

It is also important to know your true startpoint on any journey, especially when adversity strikes, so you can look back and see the progress you have made. This will motivate you to continue forging your way forward.

WHERE to from here?

Identifying your current levels will lead seamlessly into the upcoming task of goal setting and creating some meaningful personal targets for self development.

Please note: your goal doesn't have to relate to the findings of your audit.

WELLNESS AUDIT

This is a self assessment tool designed to help you examine your own level of well-being and identify areas where you are flourishing, along with areas in which you may be languishing. The aim of the process is to highlight the varied aspects that combine to provide holistic well-being and possibly guide your personal goal setting. Try to be as honest and transparent in your analysis as possible, after all, it's for your eyes only!

GENERAL:

Where do you consider your "current" self to be on the following 01 - 10 scale

Circle the applicable number

Horrendous
Existence

Perfect
Existence

01	02	03	04	05	06	07	08	09	10
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Where do you "think" you will be in 5 years

Circle the applicable number

Horrendous
Existence

Perfect
Existence

01	02	03	04	05	06	07	08	09	10
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The rest of the questions utilize a 01 - 05 scale, please tick the applicable level/response

PHYSICAL:

Do you feel well rested?

Never		Sometimes		Always
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Is your food intake varied, nutritious and "healthy"?

Never		Sometimes		Always
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Do you avoid high sugar and/or high caffeine drinks AND maintain a good hydration level?

Never		Sometimes		Always
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Are you illness-free and healthy?

Never		Sometimes		Always
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Are you physically active AND free from headaches, muscle pain, tightness and niggles?

Never		Sometimes		Always
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SOCIAL:

Do you feel you have a good support network?

Never		Sometimes		Always
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Do you attend social engagements?

Never		Sometimes		Always
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Is your home life "harmonious"?

Never		Sometimes		Always
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FINANCIAL:

Do you feel at ease (confident) about your personal/household finances?

Never		Sometimes		Always
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Are you prepared for unexpected events/bills? e.g car repairs, household maintenance

Never		Sometimes		Always
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Do you make consistent and meaningful contributions a retirement fund?

Never		Sometimes		Always
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CAREER:

Do you feel satisfied in your work?

Never		Sometimes		Always
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Are you offered relevant career-enhancing professional development opportunities?

Never		Sometimes		Always
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Do you feel valued and supported in your workplace?

Never		Sometimes		Always
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COMMUNITY:

Do you like where you live, and feel safe in your home/neighbourhood?

Never		Sometimes		Always
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Do you interact/engage with your neighbours and local community?

Never		Sometimes		Always
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Do you contribute to your community through volunteer work?

Never		Sometimes		Always
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REFLECTION NOTES:

Any observations, points of interest, causes for concern or targeted areas can be noted here:

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