

The Wellness Self-Test

Answer this series of questions and you will become very clear about what the balance is in your wellness account and where you are in your state of well-being.

On a scale of 1-5, rate how full your wellness account is. Circle 1 next to the question if you don't agree with the statement, and circle 5 if you strongly agree. Five means that you agree at least 50 percent of the time.

I have been adjusted on a wellness basis in the past month.	1	2	3	4	5
I take my fish oils on a daily basis.	1	2	3	4	5
I take my probiotics on a daily basis.	1	2	3	4	5
I take my Vitamin D on a daily basis.	1	2	3	4	5
I drink half my body weight in ounces of water on a daily basis.	1	2	3	4	5
I take a greens energy drink on a daily basis.	1	2	3	4	5
I eat five servings of vegetables a day.	1	2	3	4	5
I have severely limited the amounts of grains and sugars in my diet.	1	2	3	4	5
I eat a high quality protein based breakfast.	1	2	3	4	5
I eat six small meals a day.	1	2	3	4	5
I start each day by stretching.	1	2	3	4	5
I incorporate daily cardiovascular exercise into my routine.	1	2	3	4	5
I do some resistance or strength training three times a week.	1	2	3	4	5
I have written wellness goals that I review on a daily basis.	1	2	3	4	5
I visualize myself at my ideal health and at my ideal weight daily.	1	2	3	4	5
I have my own wellness affirmations that I say out loud with emotional intensity daily.	1	2	3	4	5
I believe health is a state of optimal physical, mental, and social well-being.	1	2	3	4	5

If you scored above 75, you are well on your way to having an overflowing wellness account.

If you scored above 50, great job! You are doing better than the masses.

If you scored below 40, be aware that you are in serious trouble of having a depleted wellness account.