

Rate each item on a scale of 1 to 3 (1 = Almost Never, 2 = Sometimes, 3 = Almost Always)

Body	Mind	Heart	Spirit
I get 7-8 hours of sleep most nights _____	I am usually able to focus on my daily activities _____	I spend some time each week laughing or feeling joy _____	I generally feel connected to something larger than myself _____
I get at least 90 minutes of exercise each week _____	I spend some time most weeks learning something _____	I regularly stop to notice my inner sensations or feelings _____	I usually feel like my actions are aligned with my values _____
I drink 8-10 glasses of water every day _____	I monitor and control the information I take in _____	I engage in connection with others (friends, family, coach, therapist, etc) every week _____	Overall, I generally believe that my life is meaningful _____
I get medical and dental care, including preventive care _____	I stretch my mind with puzzles, games, or new perspectives _____	I spend time each week cultivating gratitude and self-compassion _____	I have regular activities that connect me to a sense of well-being _____
I take breaks to stretch during my work day _____	I intentionally practice seeing multiple sides of an issue _____	I am usually able to recognize my boundaries and say No to requests that cross them _____	I cultivate opportunities to feel a sense of awe or inspiration _____

Body Total: _____

Mind Total: _____

Heart Total: _____

Spirit Total: _____