

Kaizen Core Wellness Assessment

Today's Date: _____

Core Wellness	Rating out of 10
Health: Physical Wellness I take diligent care of my physical health and wellbeing so that I can look and feel my best. I actively seek out actions that allow me to eat well, sleep well, and move well so that I have the physical energy and stamina to enjoy every day and to deal with it's everyday challenges and make the most of everyday opportunities.	
Mindset: Mental Wellness I actively cultivate a proactive and proactive outlook and attitude. I am intentional with who and what I give my focus to and I guard my mental energy so that I have the mental clarity and power to generate the life I want. I create stillness, peace and joy in my life daily.	
Feelings: Emotional Wellness I treat myself with respect, trust and loyalty. I prioritise taking care of my needs and I am my own biggest supporter. I regularly create a strong cocktail of positive and empowered feelings and emotions. I can talk myself through challenges and obstacles.	
Faith: Spiritual Wellness I am congruent with the quality of spirit and my inner compass dictates my decisions and daily actions. I keep my values at the forefront of my daily decisions and actions. I feel aligned and authentic. I look straight into the present moment and I feel vibrantly connected to it.	
Time: Rhythm Wellness I deeply enjoy my life right now because I spend my time doing things that I value. I am confident that all the hours in my day belong to me. I manage my minutes well. I feel freedom in my schedule and I am confident in my ability to spend my time the way I want to. I have enough time for everything that is important to me.	

The purpose of this core wellness assessment is to help you to manage your life according to your own measures of success. These are the five areas of Core Wellbeing.

Use this assessment to identify the areas that needs improvement and that are important for your personal wellbeing. Once you have a baseline, you can start optimising each area accordingly.

This is a good opportunity for overall self-reflection. Don't overcomplicate this process. Instead just give your gut-feel impression of how you rate each of these areas based on the past 30 days of your life.

Once you've completed this assessment, schedule 15 minutes to reflect on your ratings and to brainstorm actionable ideas to improve any of the areas.