

Wholistic Health Checkup

Before you start this course, take a moment and check your "wellness" in these areas of your life. Draw a face in the left column to indicate how you are "feelin' " right now.

Then, at the end of the course, check yourself again (using the right column) to see where you have improved.

FOR EXAMPLE:



I'm feelin'
fine ...



Could be
better ...



Wish you
hadn't asked

BEFORE

AFTER



MY SPIRITUAL LIFE: I am committed to as much of God as I know at the moment.



MY PHYSICAL LIFE: I am keeping myself as fit as I know how at the moment.



MY EMOTIONAL LIFE: I am coping as well as I know how with stress, anger, and fear.



MY RELATIONAL LIFE: I am dealing with sour relationships at home, school, work ... Immediately.



MY VOCATIONAL LIFE: I am happy with my work. I feel fulfilled in my life calling.



MY ENVIRONMENTAL LIFE: I am filling my life with things, leisure, and friends that are healthy ... and promote "good health."

