

## WELLNESS INVENTORY QUESTIONNAIRE

### SELF-RESPONSIBILITY & LOVE

- I am an active participant in any medical care I receive. 0\_\_\_\_4
- I am able to distinguish between accepting responsibility for a problem and blaming myself for it. 0\_\_\_\_4
- I acknowledge that my wellbeing is interdependent with that of the planet and minimize my consumption of the planet's resources. 0\_\_\_\_4
- It is OK for me to be out-of-balance, vulnerable, or in need. 0\_\_\_\_4
- I recognize that it is possible to discover wellbeing in the midst of serious or chronic illness. 0\_\_\_\_4
- When I am experiencing pain and dis-ease, I use it as an opportunity to re-evaluate my lifestyle and my environment. 0\_\_\_\_4
- I recognize that I am responsible for my health and wellbeing. 0\_\_\_\_4
- I get between seven and nine hours of high-quality sleep per night. 0\_\_\_\_4
- I protect myself from safety hazards by wearing seatbelts, using smoke detectors in my home, not riding in a vehicle with a drunk driver, etc. 0\_\_\_\_4
- I love myself and other people. 0\_\_\_\_4

### BREATHING

- I wear clothing that is comfortable and loose enough to allow unrestricted breathing. 0\_\_\_\_4
- I pause during the day to notice if my posture is facilitating full, natural breathing. 0\_\_\_\_4
- I take breaks during the day to notice if I am breathing deeply and smoothly. 0\_\_\_\_4
- When I am experiencing stress, I use my breath to help release my tension. 0\_\_\_\_4
- I recognize that my breathing may become restricted when experiencing extreme emotional states such as sadness, anger, or fear. 0\_\_\_\_4
- I use deep, rhythmic breathing as a means of helping my body heal itself of physical, as well as mental and emotional, pain. 0\_\_\_\_4
- I look for opportunities to use my breathing to relax and refocus in order to optimize my performance, rather than getting irritated by circumstances beyond my control. 0\_\_\_\_4
- I use my breath as a means of centering and increasing mental clarity. 0\_\_\_\_4
- I avoid polluted environments, and minimize my contribution to global warming. 0\_\_\_\_4
- I am at peace with myself. 0\_\_\_\_4

## SENSING

- I enjoy experiencing safe and appropriate physical contact with others. 0\_\_\_4
- At room temperature, my hands and feet are warm. 0\_\_\_4
- I limit my use of artificial light and use natural lighting as much as possible. 0\_\_\_4
- I avoid overexposure to midday summer sunlight instead of relying on chemical sunscreens. 0\_\_\_4
- I am aware of the impact of different colors and styles of lighting on my wellbeing. 0\_\_\_4
- I use water as a means of refreshment and regeneration. 0\_\_\_4
- I use my sense of smell as a source of warning, pleasure, and wellbeing. 0\_\_\_4
- I use music and other pleasant sounds to enhance my state of wellbeing. 0\_\_\_4
- I am comfortable with silence. 0\_\_\_4
- I mindfully approach the simple pleasures of life in order to savor and prolong each experience without overindulging. 0\_\_\_4

## EATING

- I eat a nutritious and well-balanced diet. 0\_\_\_4
- I minimize my intake of highly refined or processed foods. 0\_\_\_4
- I drink at least 6 glasses of pure water each day. 0\_\_\_4
- In addition to eating well, I use a multivitamin and mineral supplement daily. 0\_\_\_4
- I drink fewer than two servings of caffeinated beverages, including soft drinks, per day. 0\_\_\_4
- I eat slowly and chew my food thoroughly, while eating my meals in a relaxed, nurturing environment. 0\_\_\_4
- In my daily diet I include foods that supply antioxidants, such as fresh vegetables rich in vitamins A, C, and E. 0\_\_\_4
- I buy organic produce whenever possible. 0\_\_\_4
- I avoid dieting and, if weight is an issue, I address the underlying cause(s). 0\_\_\_4
- I am aware that my nutritional needs are unique and learn what I can about how best to meet my body's individual requirements. 0\_\_\_4

## MOVING

- I am aware of, and respond to, my body's unique needs for movement and exercise. 0\_\_\_4
- I enjoy exploring new and effective ways of exercising and moving my body for improved health and wellbeing. 0\_\_\_4
- I enjoy stretching, moving, and exerting my body. 0\_\_\_4
- My daily activities include at least 15 minutes of vigorous physical effort. 0\_\_\_4
- I climb stairs instead of riding elevators whenever possible. 0\_\_\_4
- I walk or ride a bike to local destinations instead of driving. 0\_\_\_4
- I engage in aerobic activity (such as running, biking, swimming, brisk walking, or other vigorous physical exercise) for at least 20 minutes, 3 times a week. 0\_\_\_4
- I do some form of stretching or limbering exercise (such as yoga) for 20 to 30 minutes at least 3 times a week. 0\_\_\_4
- I practice some form of mind-body-spirit discipline that integrates breathing, movement, and body awareness. 0\_\_\_4
- I experience a natural high (I enter the "zone") when exercising. 0\_\_\_4

## FEELING

- I allow myself to experience a full range of emotions, and find constructive ways to express them. 0\_\_\_4
- I am open to experiencing and expressing joy. 0\_\_\_4
- I recognize, acknowledge, and accept my fears. 0\_\_\_4
- I am able to express my anger appropriately in ways that resolve issues, instead of allowing it to create problems for myself and others. 0\_\_\_4
- I am able to say "no" to people without feeling guilty. 0\_\_\_4
- I feel OK about crying, and allow myself to do so when appropriate. 0\_\_\_4
- I take time during the day to stop and ask myself, "What am I feeling?" 0\_\_\_4
- I am able to graciously accept positive acknowledgments from others. 0\_\_\_4
- I have at least five close friends. 0\_\_\_4
- I respect other people's differing sensitivity to, and styles of, expressing their feelings. 0\_\_\_4

## THINKING

- I have significant choice in the subject matter and emotional content of my thoughts. 0\_\_\_4
- I am conscious of the connection between certain thoughts and the subsequent bodily changes (such as breathing patterns, muscle tension, etc.) in response to these thoughts. 0\_\_\_4
- I am able to keep my mind focused and free of recurring or unwanted thoughts. 0\_\_\_4
- I notice that my perceptions of the world are colored by my thoughts and attitudes at the time. 0\_\_\_4
- I am aware of the influence of different environments on my thoughts. 0\_\_\_4
- I am aware that my thoughts and emotions can impact my state of health through their influence on my immune system. 0\_\_\_4
- I emphasize self- and life-affirming thoughts and attitudes in my daily life. 0\_\_\_4
- Instead of worrying about a problem that I can do nothing about, I shelve it until I can deal with it and get on with what's before me. 0\_\_\_4
- Instead of relying only upon habitual modes of thinking, I am able to exercise my intuition and creativity to gain new insights. 0\_\_\_4
- It is easy for me to pay attention, focus, and concentrate. 0\_\_\_4

## PLAY AND WORK

- I enjoy and take time for spontaneous activities. 0\_\_\_4
- I value myself for who I am, not just for what I do. 0\_\_\_4
- I avoid taking on unnecessary and unrealistic burdens and responsibilities. 0\_\_\_4
- I make an effort to play and work cooperatively, not competitively. 0\_\_\_4
- I am able to lighten up and avoid taking myself too seriously. 0\_\_\_4
- I use relaxation practices to transform stressful or negative attitudes. 0\_\_\_4
- I balance the challenges and stresses of my life with playful and nurturing attitudes and activities. 0\_\_\_4
- I take time each day to nurture and strengthen myself physically, emotionally, and spiritually. 0\_\_\_4
- I am able to laugh easily. 0\_\_\_4
- I approach difficult or challenging tasks from a playful point of view. 0\_\_\_4

## COMMUNICATING

- I am truthful and compassionate in my communications with others. 0\_\_\_4
- I am able to assert myself in order to be heard and understood. 0\_\_\_4
- I acknowledge and apologize for any mistakes I make, instead of trying to cover them up. 0\_\_\_4
- I respect people's different social or cultural communication styles when communicating with them. 0\_\_\_4
- I am a good listener. 0\_\_\_4
- I am aware that generalizations, labels, absolutes, and judgments undermine clear, mutually beneficial communications. 0\_\_\_4
- I strive to be truthful and direct in my communications, and avoid playing manipulative psychological games. 0\_\_\_4
- Before offering help, I find out if it is wanted or beneficial (emergencies excepted). 0\_\_\_4
- I enjoy receiving compliments, appreciation, and recognition from others. 0\_\_\_4
- I focus my internal dialogues into positive and constructive views of my life and my world. 0\_\_\_4

## INTIMACY

- I am aware of the health benefits of nurturing, intimate relationships whether it is with a friend, loved one, or romantic partner. 0\_\_\_4
- I experience feeling completely understood and acknowledged by another person. 0\_\_\_4
- I am able to experience a gratifying relationship despite the presence of unresolved conflicts. 0\_\_\_4
- I am aware of another person's attempts to make a meaningful connection even when they are indirect. 0\_\_\_4
- When someone close to me and I are upset with each other, I'm able to respond appropriately and focus on rebuilding our trust and intimacy. 0\_\_\_4
- I respect other people's boundaries and am clear about my own. 0\_\_\_4
- My sexual maturity enables me to make responsible and caring decisions about sexual activities. 0\_\_\_4
- With regard to sexual interactions or advances, I say "yes" strongly and clearly to what I want, and "no" to what I don't want. 0\_\_\_4
- I minimize my sexual dissatisfaction by being aware of unrealistic expectations. 0\_\_\_4
- I am aware that building intimacy and trust is a key to maintaining a healthy sexual relationship. 0\_\_\_4

## FINDING MEANING

- I contemplate what is meaningful to me and regularly re-examine my values and priorities. 0\_\_\_4
- I listen to my own inner guidance in assigning the meaning I bring to my life. 0\_\_\_4
- I set realistic goals, and I allocate time to work toward the attainment of my dreams and aspirations. 0\_\_\_4
- I am aware of my character strengths, and regularly use them in my daily life. 0\_\_\_4
- I focus my awareness in the present moment, instead of living in the past or future. 0\_\_\_4
- I regularly take time to make note of my appreciations and gratitude. 0\_\_\_4
- I regularly find ways to perform acts of kindness and service for others. 0\_\_\_4
- I look forward to the future as an opportunity for further growth. 0\_\_\_4
- I have taken steps to enable me to die with the greatest amount of dignity, personal power, and conscious awareness possible at the time. 0\_\_\_4
- I am able to talk with family and friends about my own death, or the death of someone close to me. 0\_\_\_4

## TRANSCENDENCE

- I consciously seek to develop and trust my intuition. 0\_\_\_4
- I experience synchronistic events in my life (frequent "coincidences" that seem to have no cause-and-effect relationship). 0\_\_\_4
- I am aware that my beliefs and assumptions can color my experience. 0\_\_\_4
- I enjoy practicing a spiritual discipline or allowing time to sense the presence of a higher power moving in my life. 0\_\_\_4
- When ill or out of balance, I am able to consciously participate in my healing processes. 0\_\_\_4
- I pray, meditate, or practice some kind of centering process on a regular basis. 0\_\_\_4
- I experience myself as part of a larger whole. 0\_\_\_4
- I find myself so effortlessly engaged in an activity that I lose track of time, and my sense of self. 0\_\_\_4
- Even in the midst of chaos or loss, I am able to maintain faith in the process of change. 0\_\_\_4
- I allow others the freedom to believe what they believe, without pressuring them to accept my beliefs. 0\_\_\_4