

Brief Wellness Self-Assessment

CoreHealthPartners.com



This assessment is a tool for inquiring into your current and desired state of health and well-being. It is based on The Wheel of Health, a holistic model of health developed by Duke Integrative Medicine. For more information about the wheel please visit CoreHealthPartners.com/wheel-of-health.html

Domains of Wellness Care	Rate 1 -10 (10 is best)	What would you change?
Mindful Awareness - How well are you able to pay attention and make choices based on the present moment?		
Movement, Exercise and Rest - How satisfied are you with how you use, challenge and restore your body?		
Nutrition - How satisfied are you with how you nourish yourself?		
Personal and Professional Development - How satisfied are you with how you invest in and balance your personal and professional growth?		
Physical Environment - How satisfied are you with the ways your physical spaces affect your health and well-being?		
Relationships and Communication - How satisfied are you with the ways your relationships and communication patterns support your well-being?		
Spirituality - How satisfied are you with your sense of connection to your life's meaning and purpose?		
Mind-Body Connection - How satisfied are you with your ability to notice the connections between your mind, body, and spirit and to use them to activate relaxation and healing?		
Professional Care - How satisfied are you with your utilization of the health care professionals on your team, and the support you receive from them?		