



*Healing Power Health Coaching*

## **Holistic Women's Health Assessment**

**Please rate yourself in a scale of 0-10 on each of the following:**

**Perspective: \_\_\_\_\_**

- Do you feel empowered to change your health situation?
- Do you have a positive, optimistic outlook on your life?
- Are you generally happy and in good spirits?

**Connection: \_\_\_\_\_**

- Do you have a strong support network?
- Do you feel connected to others?
- Do you feel connected spiritually?

**Nourishment: \_\_\_\_\_**

- Are you nourishing your body with an anti-inflammatory, nutrient dense food plan?
- Are you nourishing your mind?
- Are you nourished physically, sexually, and with movement?
- Do you feel nourished by your relationships?
- Do you feel nourished by your spiritual practice?
- Do you feel nourished by your physical environment?
- Do you feel nourished by your job?

**Strength: \_\_\_\_\_**

- Do you have awareness and trust in your resources? (Resources include: education, friends, neighbors, family, financial resources, safe home, access to healthy food and movement, and good employment, etc.)
- Do you get adequate exercise?
- Do you feel physically resilient?
- Do you feel emotionally resilient?

**Contribution: \_\_\_\_\_**

- What is your greatest contribution to life?
- What is your daily contribution?
- Are you contributing in ways that light you up or drain your energy?

**Attention: \_\_\_\_\_**

- Are you able to attend or does brain fog make it difficult for you?
- Are you constantly distracted by new ideas?
- Do you feel comfortable with quiet attention?
- Can you quietly attend to another person or a situation?

**Rest: \_\_\_\_\_**

- Do you get an adequate amount of sleep?
- Do you participate in restful and rejuvenating practices?
- What do you enjoy doing to “fill your tank”?
- How often do you allow time and space for rest in your life?