



## WELLBEING SELF ASSESSMENT

**Welcome!** Glad you choose to take our Wellbeing Self Assessment and find out what you know about your wellbeing.

1. I eat whole grains every day that are essentially preserved as they are produced in nature, meaning that they have not been stripped of their fiber and nutrition in the factory... **Yes or No**
2. Food is one of the most powerful tools for changing brain chemistry and to have brain fitness ... **True or False**
3. Gentle exercise, such as stretching, strolling, ballroom dancing or yoga, mildly increase dopamine, but significantly boosts serotonin levels... **True or False**
4. Being in nature – such as in a forest, in the desert, at the beach or near the ocean – do nothing to boost dopamine or serotonin levels... **True or False**
5. All forms of entertainment can serve as tools to help balance our brains... **True or False**
6. Exercise is another important tool in changing brain chemistry. .. **True or False**
7. Music does nothing to change our brain chemistry... **True or False**
8. Spiritual practices, such as prayer and meditation, and all meditative church, synagogue and temple services boost serotonin levels... **True or False**
9. In general, writing in a journal is a powerful serotonin booster... **True or False**
10. I am committed to creating a balance life and finding more joy and play each day... **Yes or No**

**10 points for each question - answers**

- |                        |                        |
|------------------------|------------------------|
| 1. Yes – 10 No – 0     | 6. True – 0 False - 10 |
| 2. True – 10 False – 0 | 7. True – 0 False - 10 |
| 3. True – 10 False – 0 | 8. True – 10 False 0   |
| 4. True – 10 False – 0 | 9. True – 10 False 0   |
| 5. True – 0 False – 10 | 10. Yes – 10 No – 0    |

### Points

- 90 – 100 You are well on your way to a vital & HEALTHY life!
- 89 – 70 You have a good start.....but you're still in the learning curve! Knowing when to ask for support is your key to success.... Consider calling Coach Nancy at the 1.281.339.2229 or email: [nancy@sunshinecoachconnection.com](mailto:nancy@sunshinecoachconnection.com)
- 69 – 50 Now is the time to call Wellness Coach Nancy – 1.281.339.2229
- 49 – 0 Get started NOW!! Grab your 5 best friends and create your OWN Wellbeing Connection Group for Coaching - or join a group that is being formed now by calling 1.281.339.2229. ***Coach Nancy is a Professional Wellness Coach who can get your Wellbeing Personal Assessment underway today!***

**CLICK HERE TO LEARN MORE ABOUT THE WELLBEING CONNECTION GROUP COACHING**  
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