

## Improve Your Health with This Mind Body Spirit Inventory

With all of life’s distractions, it’s easy to lose track of our small daily habits. But these can tell a lot about our state of health. Good choices in all three areas of Mind, Body, and Spirit can increase our happiness and vitality.

To get a clear picture of how you’re doing, take stock with this checklist of key health indicators.

Your answers will reflect your state of wellbeing. The purpose is to discover things about yourself, not earn a certain score. To clarify your insights, answer the two simple questions at the end.

	No or Never	Rarely	Some times	Often	Yes or usually
1. I have sense of wellbeing, am usually in good spirits...	_____	_____	_____	_____	_____
2. I have three or fewer colds a year .....	_____	_____	_____	_____	_____
3. I sleep well through the night.....	_____	_____	_____	_____	_____
4. It’s easy for me to stay alert and concentrate.....	_____	_____	_____	_____	_____
5. My moods are fairly steady.....	_____	_____	_____	_____	_____
6. Silence is enjoyable.....	_____	_____	_____	_____	_____
7. I am within fifteen pounds of my ideal weight.....	_____	_____	_____	_____	_____
8. I am free of aches and pains.....	_____	_____	_____	_____	_____
9. I do something fun at least once a week.....	_____	_____	_____	_____	_____
10. I find ways to be of service to others.....	_____	_____	_____	_____	_____
11. I have a meaningful relationship with God.....	_____	_____	_____	_____	_____
12. I can express my feelings openly and honestly.....	_____	_____	_____	_____	_____
13. I am energetic and have good stamina.....	_____	_____	_____	_____	_____
14. My skin is clear, without acne or rashes.....	_____	_____	_____	_____	_____
15. I let go of resentments toward others.....	_____	_____	_____	_____	_____
16. I do some form of stretching for 10 minutes daily....	_____	_____	_____	_____	_____
17. I do some form of meditation or relaxation daily.....	_____	_____	_____	_____	_____
18. I use positive thoughts and affirmations.....	_____	_____	_____	_____	_____
19. Three fourths of my diet is fruits and vegetables.....	_____	_____	_____	_____	_____
20. I perceive problems as stepping stones.....	_____	_____	_____	_____	_____
21. I walk or exercise three times a week or more.....	_____	_____	_____	_____	_____
22. I pay attention to my dreams.....	_____	_____	_____	_____	_____
23. I am happy in my personal relationships .....	_____	_____	_____	_____	_____

Think of three things you could incorporate into your life to improve your physical, mental, and spiritual health.

What are three things you could begin to reduce or eliminate to improve your health?

***A wise person once said, “It’s not what you know that counts,  
but what you do about what you know!”***