



## Lifestyle Appraisal

For each of the clouds (statements) on the appraisal, rate it 1-5 for your feelings about it!

1 – No or Not Happy

5 – Yes or Extremely Happy

Once you've rated all of the clouds on each sheet, colour in one heart for each of the '5's you gave yourself! This will give you an idea of what level of improvement you would like for that area.

# Fitness

I include at least 3 moderate exercise sessions in my weekly schedule. ①②③④⑤

I warm up prior to any vigorous exercise sessions. ①②③④⑤

I am a non-smoker. ①②③④⑤

I listen to my body and seek professional advice when something is wrong. ①②③④⑤

My body recovers quickly when I am sick. ①②③④⑤

I stretch after each exercise session. ①②③④⑤

My blood pressure is in a desirable range. ①②③④⑤

I feel good about the condition of my body. ①②③④⑤

I enjoy physical activity. ①②③④⑤

I have lots of energy throughout the day. ①②③④⑤

I am at a desirable, healthy weight. ①②③④⑤

I am free of prescribed medications. ①②③④⑤

My immune system is good and I avoid most infectious diseases. ①②③④⑤

I include a stretching session in my daily routine. ①②③④⑤

I walk a set amount of steps/km per day. ①②③④⑤

I include at least 2 vigorous exercise sessions in my weekly ①②③④⑤



My physical wellbeing is an area of concern:  Yes  No

If 'Yes'... It is important for me to make changes to my physical wellbeing: ①②③④⑤⑥⑦⑧⑨⑩  
I am confident that I can make changes to my physical wellbeing: ①②③④⑤⑥⑦⑧⑨⑩

I feel rested when I wake up in the morning.  
① ② ③ ④ ⑤

I fall asleep easily.  
① ② ③ ④ ⑤

I have a regular bed time.  
① ② ③ ④ ⑤

I have between 6-8 hours of sleep per night.  
① ② ③ ④ ⑤

① ② ③ ④ ⑤  
I wake up at a regular time each morning.

# Sleep Habits

I rate sleep as being important to my health and wellbeing.  
① ② ③ ④ ⑤

My energy levels are good throughout the day.  
① ② ③ ④ ⑤

I have a quality sleep every night.  
① ② ③ ④ ⑤

I have a comfortable bed.  
① ② ③ ④ ⑤

I maintain good concentration levels throughout the day.  
① ② ③ ④ ⑤



My sleep habits are an area of concern:  Yes  No

If 'Yes'...

It is important for me to make changes to my sleep habits: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I am confident that I can make changes to my sleep habits: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I have at least 5 serves of vegetables per day.

① ② ③ ④ ⑤

I eat at least 3 meals per day.

① ② ③ ④ ⑤

① ② ③ ④ ⑤

I drink water continuously throughout the day.

I eat breakfast every day.

① ② ③ ④ ⑤

I have no more than 1 soft drink or energy drink per day.

① ② ③ ④ ⑤

I include healthy fats in my diet.

① ② ③ ④ ⑤

I eat every 2-3 hours throughout the day.

① ② ③ ④ ⑤

I include at least 2 serves of dairy or dairy alternatives per day in my diet.

① ② ③ ④ ⑤

I have at least 2 serves of fruit per day.

① ② ③ ④ ⑤

I include wholegrain cereals in my diet.

① ② ③ ④ ⑤

# Nutrition

I have at least 1 serve of protein per day.

① ② ③ ④ ⑤

I have no more than 1 takeaway or deep-fried meal per week.

① ② ③ ④ ⑤

I limit the number of processed foods I eat.

① ② ③ ④ ⑤

I plan my meals and stick to my plan.

① ② ③ ④ ⑤

I listen to my body's hunger signals and follow them.

① ② ③ ④ ⑤

I have no more than 2 alcoholic drinks per day.

① ② ③ ④ ⑤



My nutritional wellbeing is an area of concern:  Yes  No

It is important for me to make changes to my nutritional wellbeing: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

If 'Yes'... I am confident that I can make changes to my nutritional wellbeing: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I have a weekly budget and stick to it.  
① ② ③ ④ ⑤

My work will allow me to achieve my financial goals for the next 6 months.  
① ② ③ ④ ⑤

## Life's

I am happy with the state of my finances.  
① ② ③ ④ ⑤

I enjoy my job and look forward to going to work each day.  
① ② ③ ④ ⑤

① ② ③ ④ ⑤  
My work positively impacts others.

My work does not eat into other areas of my life that are important.  
① ② ③ ④ ⑤

My work would be fulfilling even if I wasn't being financially compensated.  
① ② ③ ④ ⑤

## Work

I regularly reflect on my life purpose.  
① ② ③ ④ ⑤

My estate and last will and testament is up to date.  
① ② ③ ④ ⑤

I save 10% or more of my income every month.  
① ② ③ ④ ⑤

I have no credit card debt.  
① ② ③ ④ ⑤

I have a clear plan for professional development.  
① ② ③ ④ ⑤

I consciously choose how I spend my money and make wise decisions.  
① ② ③ ④ ⑤



My work situation is an area of concern:  Yes  No

If 'Yes'... It is important for me to make changes to my work situation: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩  
I am confident that I can make changes to my work situation: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

①②③④⑤  
I take time out to reflect on what's important in life.

I cope well with most things life throws at me.  
①②③④⑤

I learn from my mistakes and try to act differently the next time.  
①②③④⑤

I manage my time well rather than it managing me.  
①②③④⑤

# Emotional

I engage in acts of good will without expectation of something in return.  
①②③④⑤

I take time to enjoy nature and the beauty around me.  
①②③④⑤

I believe I have a good life and want to live it to the fullest.  
①②③④⑤

I take steps to relax if I am feeling stressed.  
①②③④⑤

I am mostly a happy person.  
①②③④⑤

I listen to or read instructional or inspirational content daily.  
①②③④⑤

I review my habits and goals daily.  
①②③④⑤

I acknowledge what I am grateful for daily.  
①②③④⑤

I am mindful of my self-talk.  
①②③④⑤

I live in alignment with my spiritual beliefs.  
① ② ③ ④ ⑤

I have a mentor to help me deliver my desired results faster than I could alone.  
① ② ③ ④ ⑤

My spirituality gives me a source of strength and comfort.  
① ② ③ ④ ⑤

# Wellbeing

I am content with who I am.  
① ② ③ ④ ⑤

I adjust or adapt to change in a positive way.  
① ② ③ ④ ⑤

I take time out to spend it in the moment regularly during the week.  
① ② ③ ④ ⑤

My actions towards others reflect my spiritual beliefs.  
① ② ③ ④ ⑤

I have a personal growth roadmap and feel on track.  
① ② ③ ④ ⑤



My emotional wellbeing is an area of concern:  Yes  No

If 'Yes'...

It is important for me to make changes to my emotional wellbeing: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I am confident that I can make changes to my emotional wellbeing: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

I have a supportive network of people around me.  
① ② ③ ④ ⑤

I feel good about the impression I make when meeting new people.  
① ② ③ ④ ⑤

① ② ③ ④ ⑤  
I feel good about myself and others like me for who I am.

I get on well with members of my family.  
① ② ③ ④ ⑤

# Fun

I have plenty of time for others in my life.  
① ② ③ ④ ⑤

I can express my feelings without feeling silly.  
① ② ③ ④ ⑤



I aim to be a positive influence on others.  
① ② ③ ④ ⑤

I create new experiences and adventure.  
① ② ③ ④ ⑤

I participate in a wide variety of social activities and enjoy being with people who are different from me.  
① ② ③ ④ ⑤

I talk to others to try and actively work through my problems.  
① ② ③ ④ ⑤

I find it easy to laugh about things that happen in my life.  
① ② ③ ④ ⑤

I have close friends that I can confide in.  
① ② ③ ④ ⑤

I am proactively adding value to my communities.  
① ② ③ ④ ⑤

I have a vacation where I shut off all work related communications at least once per year.  
① ② ③ ④ ⑤

When I am angry, I try to let others know in non-confrontational and non-hurtful ways.  
① ② ③ ④ ⑤

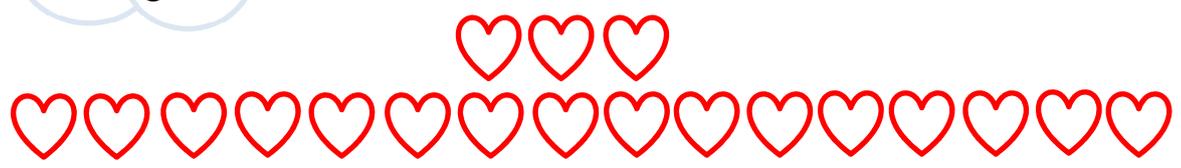
I am a good listener.  
① ② ③ ④ ⑤

# Recreation

I attend social events as often as I want to.  
① ② ③ ④ ⑤

I consider the feelings of others and try not to act in hurtful or selfish ways  
① ② ③ ④ ⑤

I have hobbies outside of work that nourish me and I have enough time for them.  
① ② ③ ④ ⑤



My social health is an area of concern:  Yes  No

If 'Yes'... It is important for me to make changes to my social health: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩  
I am confident that I can make changes to my social health: ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩