



# Wellness Investment Assessment

## *Are you investing in Wellness or Illness?*

Every single choice we make is either towards our health and wellness or towards dis-ease and illness. Every purchase we make and every behavior we indulge in falls under one of those two categories - very little in life is neutral and without consequence. Even small decisions add up to big events over time. This intake form will assist you in gaining greater clarity in your current investments. It is not about judgment or shame, or that you necessarily even need to change, it's simply a process to increase awareness. My intention in creating it is to assist you in living your life with empowered integrity, making choices that are in alignment with your deepest desires, and recognizing that your health and happiness is always your own responsibility. "Self-responsibility for my self-care" is a lesson I had to learn the hard way (thru lots of pain and suffering) and if I can reduce your pain in any way then that gives greater meaning to my own journey.

*Let us not be fearful of honestly assessing ourselves!*

## HEALTH QUESTIONS

Give a number on a scale of 1-10 (*1 = Horribly Unhealthy, 10 = Wellness Rockstar*) of your current overall health (*includes physical, mental, emotional, spiritual*):

Are you happy with your current energy levels?

- Do you achieve what you want to in a day?
- Do you wake up inspired & focused?
- Does your future excite you?
- Do you feel fear at advancing in age?

How many days of sickness did you experience last month?

- How many times did you get sick in this past year?
- Give a number to how much you think you lost in income this past year?
- Also, missed appointments / activities that you had to cancel at a loss?

## ACTUAL MONEY NUMBER:

How is / was the health of your parents?

- What diseases run in your family (genetic & lifestyle)?
- Are you actively working to prevent those and how?

If you were to get a disease, what do you think it would be?

- Why do you think that?

How much do you pay for a gym membership, personal trainer, etc monthly?

- How much have you invested in exercise equipment, videos, clothing, etc in the past 5 years?
- Do you use these resources on a weekly basis?
- Have you purchased healthy supplements or alternative healing methods that you actually don't take or use?

### **ACTUAL MONEY NUMBER:**

What do you spend annually on health insurance?

- Deductible?
- Out of pocket services (massage, acupuncture, chiropractor)?
- Prescription Meds?

### **ACTUAL MONEY NUMBER:**

Do you currently spend money on medications / treatments for diseases that ultimately could be healed / managed naturally? (*Examples: obesity, high blood pressure, Type 2 diabetes, lifestyle diseases*)



### **PRIORITIES QUESTIONS**

*Let's see where some of your money is being invested. Again, this is about conscious choice, not judgment.*

How frequently do you eat out on a fancy date night?

- Or attend a concert or other 'entertainment' activity?

How much do you spend a month on alcohol / tobacco?

What is your monthly budget on clothes or fun shopping (*unnecessary items, not the essentials*)?

How much is your monthly entertainment bill (*movies, cable tv, netflix - again the enjoyable but not necessary items*)?

What about monthly beauty products and services? (*hair, makeup, facials, nails, tanning, etc*)

And finally, what about those little purchases that don't seem to matter like coffee at Starbucks or small things that you don't really need?

### **ACTUAL MONEY NUMBER FOR THIS SECTION:**



### **SELF-ASSESSMENT**

What is your state of health (*physical, mental, emotional, spiritual*) currently costing you?

- In finances?
- In relationships?
- In career / business?
- In self-esteem?
- In joy of life?

What might it cost you in the future? (*Examples: serious disease, hospitalization, short term / long term disability, chronic / severe pain*)

What are you currently investing in lifestyle choices other than wellness?

*We covered many subjects, but perhaps you use your money to invest in other things (hobbies, travel, etc). Again, we're referring to non-essentials. The point is to be aware.*

**Please add up all your actual money figures and look at your current investment choices.**

*Are these figures and choices in alignment with your deepest, most valued health & wellness goals?*

*Ultimately, are your choices moving you towards **WELLNESS** or **ILLNESS**?*

Only you can answer these questions.

Only you are responsible for your life and your choices.

Hopefully this questionnaire assisted you in gaining greater awareness about your financial and energetic investments in yourself and your wellness. If you do not currently know the answers to any of the above questions then I recommend you start with keeping track of these figures as an excellent first step. ***Consciousness is key to everything - especially health & wellness!***

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**Shae Bryant is an enthusiastic mind, body, spirit wellness coach who guides private clients and groups in achieving a Lifestyle of Wellness, integrating physical, mental, emotional and spiritual health into daily living. Her favorite healing modalities include Yoga, Pilates, Massage, Meditation, Eating Whole Foods, and Living Limitless Joy. She is the owner of The C.O.R.E. Wellness Studio, located in Downtown Murfreesboro, TN where she is blessed to spend her days assisting others towards optimal health and wholeness. Shae is a mentor, healer, accountability buddy, teacher, friend, and fellow Wellness Warrior on the path to integration, wholeness, and awakened living!**

