

Name _____

Date1 _____

Date2 _____

On a scale of 1 (poor/lacking) to 10 (optimum), mark your current wellness level for each of the 5 Facets.

RELAXATION

Relaxation
Your body must take time to regenerate, repair & rejuvenate. How much time do you take for yourself to meditate, pray, sleep and just “chill out”?

EXERCISE

Exercise
Exercise is any activity that requires physical or mental exertion. How much time do you put into weight training, cardiovascular training and mindful activities?

ADJUSTMENT

Adjustment
Being in adjustment is being in “balance” with your mind, body & spirit. When you are “in adjustment”, the communication between your brain and body is optimal & there is no interference caused by spinal misalignments. How well is your nerve system in balance?

MENTAL WELLNESS

Mental Wellness
Mental Wellness is the connection of your inner purpose and passion to your outer goals and tasks in all phases of life. How happy are you? How is your self esteem? Do you love your career? Do you have good relationships with friends and family? How is your financial situation? How connected do you feel to the higher power in your life? Do you enjoy a sense of purpose?

DIET

Diet
Your diet is everything that enters your body from the outside world; which includes what you eat, drink, hear, watch and feel. How is the quality of the food that you eat, tv/movies that you watch, material that you read, etc..?

Which of the 5 Facets of Wellness would you like to bring closer to a 10? (Circle all that apply)

Diet Relaxation Exercise Adjustment Mental Wellness

The quantity of wellness in your life will be determined by the quality of your DREAM

How close is your D.R.E.A.M. to reality?

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