

# The 5 Pillars Assessment



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## Physical

	Help!	Needs work	It's ok	Totally
My brain chemistry is balanced and working in a healthy way.				
My hormones are balanced and working properly in my body.				
My gut is happy and I take a probiotic and digestive enzyme daily.				
I use natural health products to eliminate the use of toxins in and on my body.				
I take quality supplements to make sure my body is getting all the nutrients it needs.				

## Lifestyle

	Help!	Needs work	It's ok	Totally
I engage in intentional physical activity daily.				
I get adequate sleep each night and feel rested when I awake.				
I refrain from eating processed sugar and white flour.				
I eat a healthy diet of plant based foods, protein and healthy fats.				
My environment is inviting, free from unneeded chaos, and promotes peace and joy.				
I am a good steward of my time.				
I rest and recover in healthy ways when necessary.				
I manage my stress well.				



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### Spiritual

	Help!	Needs work	It's ok	Totally
I engage in personal religious observance daily.				
I have meaningful prayer daily.				
I receive revelation and act on promptings regularly.				
I live true to my core values and beliefs.				
My spirit is in charge of my physical body.				

### Mindset

	Help!	Needs work	It's ok	Totally
I think positively in my daily situations and know how to gain a new perspective when I need it.				
I am in control of my thoughts and am able to change toxic thoughts quickly.				
I practice gratitude habits daily.				
I know how to control my emotions.				

### Purpose

	Help!	Needs work	It's ok	Totally
I feel fulfilled in my daily life.				
I know what my gifts and strengths are and share them with others regularly.				
I am pleased with who God created me to be and feel I am living up to that potential.				
I set and achieve my goals.				
I feel good about the influence and impact I have on others.				