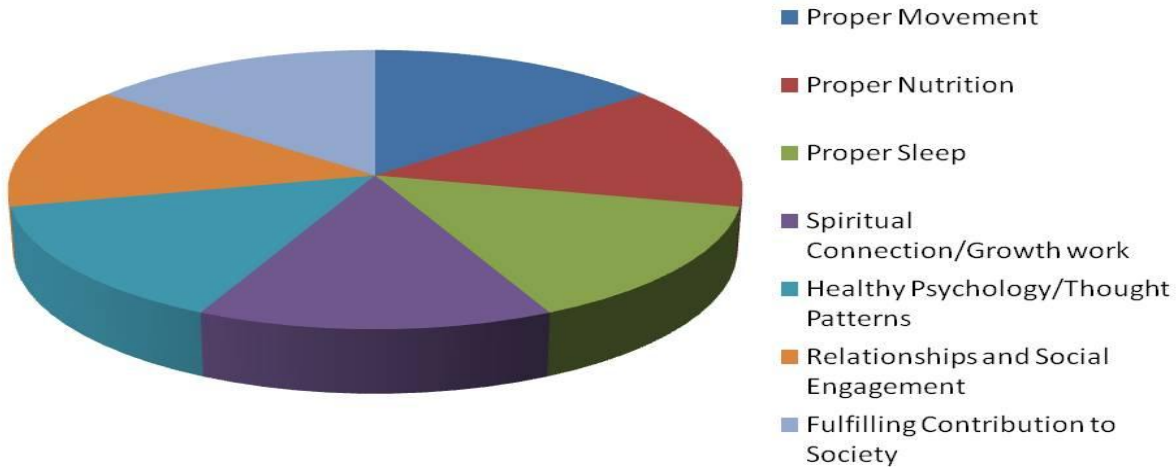


Dynamic Balance Assessment

Wellness



Using the following chart, rate the areas of wellness in your own life. Find the area with the lowest score as a percentage and use some of the strategies we'll discuss in the course to evolve that area of life and improve your overall balance.

| | |
|--|------------------|
| Movement | Score 0-5 |
| Do you do flexibility exercise in the form of yoga, stretching or dynamic movements at least three days per week? Y-5, N-0 | |
| Do you do strength exercise, lifting weights that are very heavy for you at least three days per week? Y-5 N-0 | |
| Do you get breathless for at least 15 minutes three days per week? Y-5 N-0 | |
| Does your body restrict you from doing anything you'd like to do in your life? Y-0 N-5 | |
| Do you play at something physical at least once a week? Dancing, sports, hiking, gardening etc. Y-5 N-0 | |
| Do you go to a chiropractor, massage therapist and/or osteopath or other body worker at least once per month? Y-5 N-0 | |
| Total | /30 |
| Percentage | |
| Nutrition | |
| Are you eating toxins like sugar, grains, polyunsaturated fats and processed foods more than once per week? Y-0 N-5 | |
| Have you done a health reset to check for food intolerances? Y-5 N-0 | |
| Do you know how much protein, carbohydrate and fat your body functions best on? Y-5, N-0 | |
| Do you take foundational nutrients like Vit D, Vit A, probiotics and essential fats regularly? Y-5, N-0 | |
| Have you worked with a nutrition/health expert to help you sort out a protocol for your individual needs? Y-5, N-0 | |
| Total | /25 |
| Percentage | |

| | |
|---|------------|
| Sleep | |
| Do you get 8-9 hours of sleep at least 5 days per week? Y-5 N-0 | |
| Do you purposely forgo sleep for the sake of exercise or other activities like television watching? Y-0 N-5 | |
| Do you make an effort to get more sleep when you're feeling unwell, are injured or stressed? Y-5 N-0 | |
| If you have difficulty falling or staying asleep have you seen a practitioner to help you create a sleep protocol? Y-5 N-0 (if this question is not applicable, score 5) | |
| Do you work shift work? Y-0 N-5 | |
| Total | /25 |
| Percentage | |
| Spiritual Connection/Personal Development/ | |
| Do you have a regular spiritual or developmental practice such as prayer, meditation or journaling? Y-5 N-0 | |
| Do you have a belief system about what happens beyond life and death that gives you a sense of peace? Y-5 N-0 | |
| Do you regularly participate in creative activities such as art, singing, writing, cooking etc? Y-5 N-0 | |
| Do you have a sense of connection with the earth and all the people you share it with? Y-5 N-0 | |
| Total | /20 |
| Percentage | |
| Healthy Psychology/Thoughts | |
| Do you work on clearing up unresolved emotional issues from your past to improve the quality of your current life? Y-5 N-0 | |
| Do you feel that bad things happen to you with no explanation or justification? Y-0 N-5 | |
| Do you choose how you want to react to life or do you just react? Just react- 0 Choose-5 | |
| Do you often have conflicts with people because they are unreasonable? Y-0 N-5 | |
| Do you regularly do things that you enjoy, just for you? Y-5 N-0 | |
| Do you suffer from feelings of guilt because you feel you need to do more/be more? Y-0 N-5 | |
| Do you make a practice of exposing yourself to positive messages in your choices of entertainment i.e. uplifting television and films, avoiding news stations, listening to empowering audios as you do other activities? Y-5 N-0 | |
| Total | /35 |
| Percentage | |
| Relationships and social engagement | |
| Do you have at least one intimate (not necessarily romantic) relationship in your life? Y-5 N-0 | |
| Do you consciously make the time to be with people you like or love? Y-5 N-0 | |
| Have you made any new friends or established any new relationships in the past year? Y-5 N-0 | |
| Do you spend time with members of the same sex on a regular basis in social situations? Y-5 N-0 | |
| Do you engage in groups, teams or other community on a regular basis? Y-5 N-0 | |
| Do you consider the environment when you make purchasing or lifestyle decisions? Y-5 N-0 | |
| Do you take action to assist with problems, trauma or unrest in this world? Y-5 N-0 | |
| Total | /35 |
| Percentage | |
| Fulfilling work | |
| Do you make enough money to comfortably support yourself AND have enough to follow your heart? Y-5 N-0 | |
| Do you do work that you feel good about, that improves life on this planet for it's inhabitants? Y-5 N-0 | |
| Is your financial future secure? Y-5 N-0 | |
| Do you work more than 40 hours per week? Y-0 N-5 | |
| Does your work ever interfere with your health activities, relationships and social engagement or spiritual, personal development? Y-0 N-5 | |
| Total | /25 |
| Percentage | |

0-30%- Growth edge. This may need to be an area of hyperfocus for a period of time to build a solid foundation.

30-50% -Mild Focus Area. These areas are working fairly well and you may be able to improve them without too much effort as you put most of your energy into your hyperfocus area

50-100% -Maintenance area. These areas are working very well, but they may be using more time and energy than necessary, or at the expense of other areas. They may need to be scaled back while we hyperfocus on a growth edge, without losing ground in the area.

While it may seem ideal to achieve 100% in all areas all of the time, the concept of dynamic balance teaches us to improve one hyperfocus area at a time without losing ground in another area. Over time, this hyperfocus leads to permanent improvements in each area.

©EvolutionWellness 2015