



Anxious
HEALTH SELF-ASSESSMENT

Self-assessments are a great way to check-in with how you are feeling. We often have a feeling that something is needed but not sure where it is coming from. Answer this short list of questions to get a pulse on where you are today?

1. How do I feel about my level of calm and feeling relaxed in the last few weeks?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

2. How do I feel about the things I have worried about in the last few weeks?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

3. How do I feel about my level of concentration and focus in the last few weeks?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

4. How do I feel about my level of comfort around new people or new activities?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

5. How do I feel about my frequency of headaches, upset stomach or not feeling well.

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

This is private information for you to use or share with your doctor and coach. We hope this helps you identify opportunities to make changes to improve your wellbeing.

www.gardenialove.org

