



HOLISTIC WELLNESS SELF-CHECK

A gentle guide to see
where you are and where
you want to grow!

How to Use This Checklist

Read each statement and circle the number that best reflects your current experience

1 = Not at all true 5 = Very true

Then, choose the areas you'd love to nurture next.





1. Mind & Emotional Well-Being

Statement	1	2	3	4	5
I feel emotionally balanced most days.	☐	☐	☐	☐	☐
I manage stress in healthy ways.	☐	☐	☐	☐	☐
I practice mindfulness, breathwork, or meditation regularly.	☐	☐	☐	☐	☐
I feel mentally clear and focused.	☐	☐	☐	☐	☐
I express my feelings in healthy, grounded ways.	☐	☐	☐	☐	☐

Would you like to improve this area?

☐ Yes ☐ No

REFLECTIONS

2. Physical Health & Energy

Statement	1	2	3	4	5
I wake up feeling rested and energized.	☐	☐	☐	☐	☐
I move my body in ways that feel good.	☐	☐	☐	☐	☐
I eat nourishing, whole foods most of the time.	☐	☐	☐	☐	☐
I stay hydrated throughout the day.	☐	☐	☐	☐	☐
I feel connected to my body's needs and signals.	☐	☐	☐	☐	☐

Would you like to improve this area?

☐ Yes ☐ No



REFLECTIONS

3. Nutrition & Gut Health

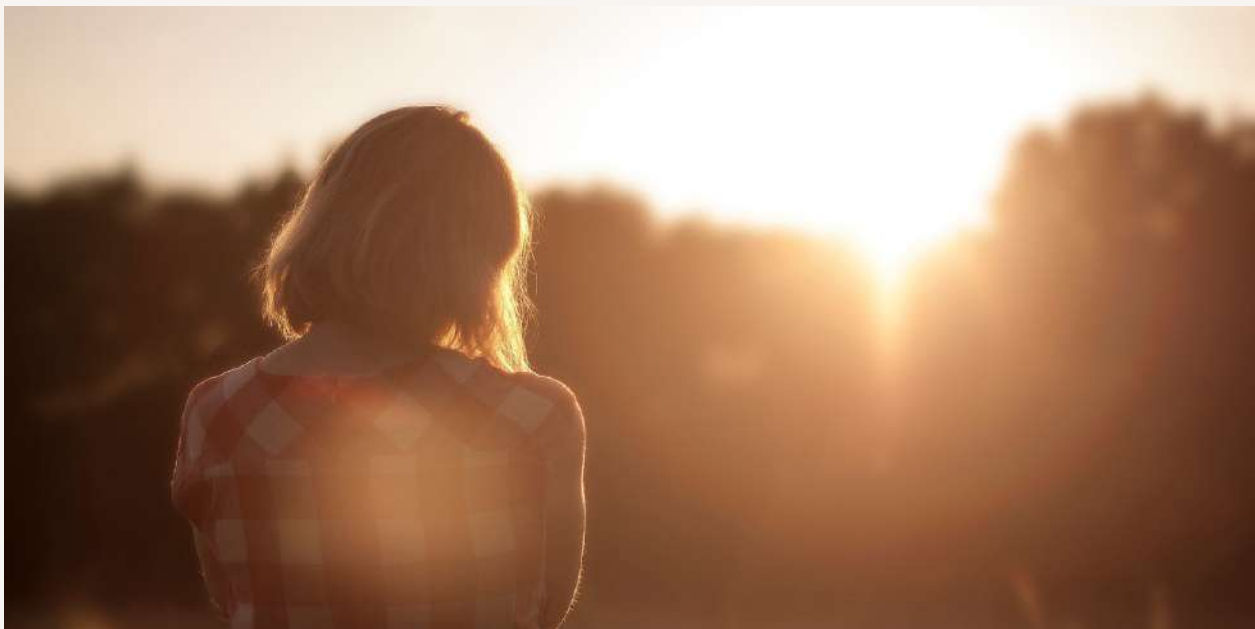
Statement	1	2	3	4	5
I include fibre-rich foods daily.	☐	☐	☐	☐	☐
I eat fermented foods or support my gut health intentionally.	☐	☐	☐	☐	☐
My digestion feels comfortable and regular.	☐	☐	☐	☐	☐
I feel satisfied and energized after meals.	☐	☐	☐	☐	☐
I have a healthy relationship with food.	☐	☐	☐	☐	☐

Would you like to improve this area?

☐ Yes ☐ No

REFLECTIONS





4. Lifestyle & Daily Habits

Statement	1	2	3	4	5
I maintain routines that support my well-being.	☐	☐	☐	☐	☐
I spend time in nature regularly.	☐	☐	☐	☐	☐
I limit screen time and digital overwhelm.	☐	☐	☐	☐	☐
I create space for rest and downtime.	☐	☐	☐	☐	☐
I feel organized and grounded in my daily life.	☐	☐	☐	☐	☐

Would you like to improve this area?

☐ Yes ☐ No

REFLECTIONS

5. Connection & Community

Statement	1	2	3	4	5
I feel connected to people who support me.	☐	☐	☐	☐	☐
I communicate openly and authentically.	☐	☐	☐	☐	☐
I set healthy boundaries.	☐	☐	☐	☐	☐
I feel a sense of belonging.	☐	☐	☐	☐	☐
I nurture relationships that matter to me.	☐	☐	☐	☐	☐

Would you like to improve this area?

☐ Yes ☐ No

REFLECTIONS



Your Top 3 Areas to Focus On

(Choose the ones that feel most meaningful right now)

- ☐ 1. Mind & Emotional Well-Being
- ☐ 2. Physical Health & Energy
- ☐ 3. Nutrition & Gut Health
- ☐ 4. Lifestyle & Daily Habits
- ☐ 5. Connection & Community

Your Next Gentle Steps

What small, doable actions can you take this week?

Ready to Go Deeper on Your Wellness Journey?

Now that you've taken a moment to check in with yourself, you might be feeling inspired to make some meaningful changes — and you don't have to do it alone.

If you're ready for guidance, structure, and gentle accountability, my **Top 10 Countdown Course** is the perfect next step.

This self-paced mini-course walks you through ten powerful, practical shifts that support your mind, body, and overall well-being. Each step is simple, doable, and designed to help you build momentum without overwhelm.



If your self-check revealed areas you want to nurture, this course will help you turn that awareness into action — one grounded step at a time.

You've already started. Let's keep going together!

Sherry Lynn

www.improveyourhealthtoday.ca/improve-your-health-top-10-countdown