

On a scale of 1-10 (1=really bad, 10=awesome) please rate the following areas of your life. Honesty counts

Physical

Body Image	1 2 3 4 5 6 7 8 9 10
Health	1 2 3 4 5 6 7 8 9 10
Exercise	1 2 3 4 5 6 7 8 9 10
Nutrition	1 2 3 4 5 6 7 8 9 10
Sex life	1 2 3 4 5 6 7 8 9 10
Restful Sleep	1 2 3 4 5 6 7 8 9 10
Marriage/Partnership	1 2 3 4 5 6 7 8 9 10

Notes:

Mental

Self Talk	1 2 3 4 5 6 7 8 9 10
Future Prospects/ Outlook	1 2 3 4 5 6 7 8 9 10
Have peace with your past	1 2 3 4 5 6 7 8 9 10
Easy to stay focused in the present moment	1 2 3 4 5 6 7 8 9 10
Logical side of your brain functions	1 2 3 4 5 6 7 8 9 10
Creative side of your brain functions	1 2 3 4 5 6 7 8 9 10
The ability to manage your thoughts	1 2 3 4 5 6 7 8 9 10
Manage Job stress	1 2 3 4 5 6 7 8 9 10

Notes:

Emotional

Typical daily mood

The ability to manage your emotions

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Responding to circumstances vs. reacting

Excited about your future

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Separating your emotions from other's

Ability to not take things personally

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Ability to leave job stress at work

1 2 3 4 5 6 7 8 9 10

Notes:

Spiritual

Strong connection to the Divine

Daily Meditation/Ceremony/Stillness Practice

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Belong to a tribe of like minded people

You know your purpose

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Engaged in community activities

Give back to the community/volunteer

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

Could die tomorrow and die content

1 2 3 4 5 6 7 8 9 10

Notes:

Are you now, or have you been under any mental health specialists, psychologist, psychotherapist, social worker , counselor care ? Yes. No

If yes: Dr's Name and phone #

Diagnoses

Were any medications prescribed: Yes No

Medications:

Were your concerns addressed through treatment?

Have you ever been to alternative healing practitioners: Life Coaching, Reiki, Hypnotherapy, Intuitives, Psychics , Other? Yes No

What was their specialty:

Were your concerns addressed through these sessions?

I agree that i have listed all known medical conditions/ diagnoses. I release Crystal Burnham and Ananta Jiva LLC from any and all liability if I fail to notify of any health changes, conditions or diagnoses.

Signature

Date