



Part One: Discovering your personal Wellness Profile.

Please complete the following assessments.

1. Personal assessment
2. Career assessment
3. Personal Values
4. Professional Values



Personal Assessment

Take some quiet time to reflect and think about your entire life span from birth up until today. Include all personal and family information that you can; and where relevant any major career and professional details. List the following:

1. Your major accomplishments.
2. Your talents and abilities.
3. The three things you do best.
4. Your challenges.
5. Obstacles you've overcome.
6. Three things you do the least well.
7. Three things for which you want to be remembered.
8. Memories you treasure the most.
9. How you would like others to describe you.
10. Three things you want to accomplish in your life.



Career Assessment

Please describe the current state of your business or career experiences. Include length of time in your field, average yearly income and number of clients, if relevant.

List the following:

1. What are the three main attributes of your business/career/profession of which you are the most proud?
2. What do you see in your career that works well?
3. What do you see in your career that does not work well?
4. What changes would you like to see occur?
5. What would you like people to say about your work?



Personal Values

A satisfying and balanced life occurs when your values are in harmony with the way that you like your life and run your business. Invest the time in exploring your values. They are the major conscious and unconscious influences on the decisions you make as a person throughout your daily life.

My Ideal Life

- What would I do with my life if I could do anything? Why?

Happiness

- The people I know who seem to be happy are happy because...
- I am the happiest when I ...
- What is my most treasured memory? Why?

Relationships

- The most admirable things about me are...
- When I look at my home life, the activities that are most important are...
- The things I most value in a relationship are...
- Who and what have been major influences to my values development?

Core Values

- What values are most important to me?
- What are the character traits I deem essential?
- What is the greatest accomplishment in my life? What do I hope to do in the future that is as great or even better?
- If I only had one year to live, I would concentrate on...
 - What would I stop doing and what would I start doing?



Professional Values

My work life

- My attitudes and beliefs about wellness are...
- My attitudes and beliefs about my profession are...

Professionalism

- How do my values enhance my professionalism and affect my work with my clients?
- One of the most meaningful attributes of what I do is...
- Which of my personal values conflict with professional rules of conduct? Or laws or regulations?

Core Values

- One of the most important personal characteristics of someone in my field is...
- What are the key professional characteristics for someone in my field?
- When I look at my work life in perspective, the activities that have the most meaning or worth to me are...