

# Lifestyle Self Assessment



This self-assessment is meant to determine if changes to your lifestyle can help heal a chronic ailment or illness. It can be difficult to get to the bottom of a symptom if there are lifestyle choices that effect its severity. This self-assessment into daily life can identify any changes that could be made to improve how you feel.

Circle how often you do what is described in each statement. Take your time, and try to answer the questions as honestly as you can.

- 1 I eat refined foods like pasta, crackers, bread, cookies, chips, cakes, sweets, bars, sodas, sports drinks, juices, or foods that come out of sealed plastic wrapping every day or every other day (note: this includes all pasta, crackers, bread, etc. regardless of whether it's gluten-free, grain-free, vegan, or all-organic):  
**Never, Sometimes, Mostly, Always**
- 2 I am sedentary (no workouts or exercise) most days of the week:  
**Never, Sometimes, Mostly, Always**
- 3 I get less than seven to eight hours of restful, unaided sleep every night, without using medication to fall asleep:  
**Never, Sometimes, Mostly, Always**
- 4 I spend at least five hours a day looking at a computer or phone screen:  
**Never, Sometimes, Mostly, Always**

- 5 I drink alcohol, smoke weed, or use other recreational drugs more days than I don't:  
**Never, Sometimes, Mostly, Always**
- 6 I feel stressed on a daily or weekly basis:  
**Never, Sometimes, Mostly, Always**
- 7 I exercise, meditate, read a book, spend time in nature, or sober socialize as a way to feel good:  
**Never, Sometimes, Mostly, Always**
- 8 I feel supported by my friends, family, and/or chosen family:  
**Never, Sometimes, Mostly, Always**

If you answered "Mostly" or "Always" to questions 1-5, you have at least one toxic core action that's making it harder for you to generate happiness, manage depression and anxiety, heal from trauma, or beat brain fog. If you answered...





## Lifestyle matters

In identifying the core action that is impacting your mental or physical health the most, whether it is snacking in the middle of the night, how much you exercise, or whether you read nutrition labels, it becomes possible to change those behaviours to improve wellbeing.

The goal with this assessment is to provide you with a snapshot of your daily habits to determine if they are contributing to presenting concerns.

...“Sometimes” to any question 1-5, one of these core actions may be the Achilles’ heel that’s preventing you from feeling much better than you do now. If you answered “Mostly” or “Always” to question 6 or “Never” or “Sometimes” to questions 7 and 8, you may have identified ways in which your regular environment is impeding your ability to improve or address the toxic inputs you discovered you’re coping with in questions 1-5. For example, chronic stress or lack of social support could be driving you to eat poorly, consume too much media, or turn to alcohol.

After you’ve analyzed your answers, pick one—and only one—core action to address that you assessed was a factor in questions 1-5, whether that’s how you eat, how you move, how you sleep, your tech habits, or your substance use.

If your self-assessment shows you have more than one problematic core action, pick the one that you believe will be easiest for you to change. This will set you up for success and help you begin to take baby steps toward overhauling your other core actions with the healthy snowball effect.

