

The Perfect 10 Wellness Assessment

In the past few years, I've spent thousands of hours as a volunteer, mentoring individuals and their families towards recovery from cancer specifically, and other health challenges. I realised that not everyone is able to grasp the urgency of a serious diagnosis and some people become so overwhelmed and confused, they do nothing to help themselves.

I noticed that the guidance I give to those with or without cancer is very similar. If you have cancer then you REALLY need to focus on my suggestions, whereas if you want to achieve and maintain good health, the guiding principles have less urgency, yet are still extremely important so that you don't become ill.

My time management at that time was becoming a challenge. I'd literally spend hours talking to family members, mostly, and those with cancer to explain about the importance of having balance in their lives. Something had to give. I was exhausting myself and my own health was at risk of breaking down.

I remembered that 20 years earlier I had personally beaten a rare congenital kidney disease and was introduced to a technique which assessed what mineral imbalances were in my body. Imagine my delight when I learned that the company was still trading, and so I began introducing the concept of testing mineral imbalances with some people I supported then.

As an expert in the DISC model of Behavioural Profiling, I also observed the ways in which some people were grasping the urgency of their condition and the need to act quickly, whereas other behavioural styles were literally worrying themselves to death.

My various attempts at providing guidance to people within their own DISC behaviour style failed to make significant differences.



elaine@discplus.health



0044 7934 898 722
00351 920 327 271

The next stage was to review what guidance I was repeatedly offering, and I set about writing list upon list upon list of the topics I covered in my lengthy calls in my volunteer capacity.

The lightbulb moment came when I found the lists had morphed into ten clear areas.

There is no magic bullet for wellness on any level. My belief is that wellness comes from living life in balance across all 10 categories. Yet who was I to tell anyone which of the ten areas is any more important than the other 9? I then realised the answer was quite simple – create a self-assessment tool for individuals to seek their own guidance.

Unsurprisingly, there are 10 components to The Perfect 10 Wellness Assessment. It's all about living life in balance and knowing where you need to pull your socks up.

If you'd like to undertake your own self-assessment, give yourself a score on the dart board for each section, and then consider how you can improve your overall life balance. You are aiming for a Perfect 10 in each category of course. I am always working on my own Perfect 10 life balance. When everything is in balance, my life flows beautifully.

Behaviour

How well do you know yourself? How often do you work against your strengths and put yourself in situations that don't serve you?

Attitude

Are you a positive or negative person? Are you action orientated, or do you sit and wallow in self-pity?



elaine@discplus.health



0044 7934 898 722
00351 920 327 271

Beliefs

Are the beliefs you live your life by, your own or are you acting out someone else's beliefs in your life?

Values

What values are important to you? Are you living life authentically? Do you say one thing and do another? How do your personal values drive you daily? Do you even know what your values are and how they impact on your life?

Mind

What is in your conscious and unconscious mind will determine how successful you are in life and will also affect your level of health and wellbeing. How does your mind help or hinder you?

Body

How we treat our body is crucial to optimise our personal health and wellbeing. Do you eat a balanced nutritional diet? Do you exercise? When did you last detox your body or have a health MOT? What's going on in all of your bodily systems? Have you had any significant lab tests to investigate?

Work

Do you enjoy your work? How would you score yourself on the stress scale at work? Do you feel successful and gain enjoyment from your occupation? You look forward to attending your place of work? Do you like the people you work with? Are you treated fairly? Is the environment healthy, fresh, and clean?



elaine@discplus.health



0044 7934 898 722
00351 920 327 271

Home

Is your home a happy, healthy environment, or is it cluttered, toxic and unhappy? Do you use chemicals for cleaning? Is the air fresh? Does your home suffer from mould or other nasties?

Friends

Do you have true friends or perhaps the people you know are more like acquaintances? How well do you feel supported by your friends? Are they rooting for you, or do you dread it when their name pops up on your mobile? Are your friends positive or negative in character?

Family

Do you have a family that is nurturing and supportive, or are some of them toxic and tell you how you should be living your life? Do you have any long-held family beliefs about health and wellbeing that may cause concern? Are your family members of a positive or negative disposition? How often do you see the positive ones?

Assess Yourself

Score yourself on the chart below and notice where there are any current shortcomings in your life. Consider how you might gain a better balance and contact me if you need any help.

How you score yourself is up to you. Think about each section considering my guidance in the sections above. 0 is a poor score and 10 is optimal.

You may want to fix the area where you have the lowest score first, or you may decide there is an easier area to tackle which will give you a quick win. Wherever you start, the buck stops with you to take responsibility for correcting the balance.



elaine@discplus.health



0044 7934 898 722
00351 920 327 271

The Perfect 10 VIP Health Mentoring Programme

The assessment tool is a good starting place for some people, however the programme I've developed provides personal and group support and further testing to establish the root cause of ill health and low sense of wellbeing



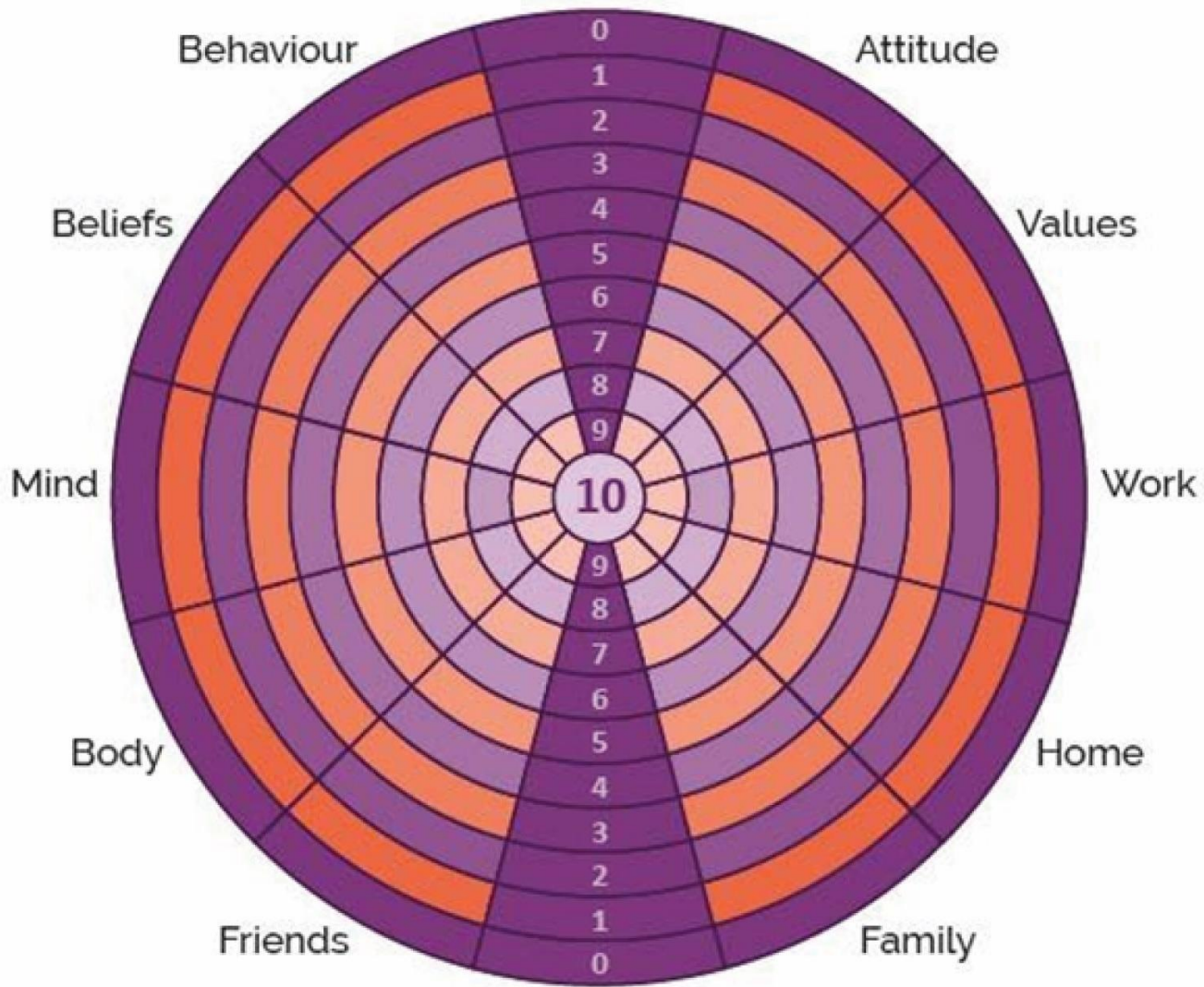
elaine@discplus.health



0044 7934 898 722
00351 920 327 271



The Perfect 10 Wellness Programme Self-Assessment





The Perfect 10 Wellness Programme Self-Assessment

