









ASSESSMENT: *PHYSICAL*

Rate each statement between 1 to 10.

1 = Nope, not at all.

5 = Unsure.

10 = Yes, absolutely.

- | | | |
|---|--|---|
| 1 | I sleep well each night. |  |
| 2 | I have all the energy I want. |  |
| 3 | I eat a plant-based diet. |  |
| 4 | I treat my body well- limiting toxins such as, alcohol, processed foods, or drugs. |  |
| 5 | My body is flexible. |  |
| 6 | I rarely get sick. |  |
| 7 | My body feels great with very little aches and pains. |  |
| 8 | I fully accept my body- all the wrinkles, grey hair, no hair, and back-fat. |  |

<https://www.soulshealinghumanity.com/assessments>