

# Wellness Questionnaire for Physical, Mental and Emotional, and Spiritual Well-Being

## ***Physical Well-Being—Body*** [20 Questions covering 12 Points]

Check the box of each statement that certainly applies to you; if you are uncertain about the statement as it applies to you, leave it unchecked.

- I *do not* take any prescription medications with black box warnings (potentially dangerous with severe side effects; such as benzodiazepines, opioid analgesics, and many more) to the best of my knowledge. [Body–1; *epocrates* App]
- I *do not* take more than three (3) prescription medications daily. [Body–1]
- I *do not* regularly (daily or every other day) take OTC drugs, including pain relievers, cold remedies or antihistamines or decongestants, or stomach acid reducers. [Body–1; [jeffhoracek.com/resources-wellness-excerpts-otc](http://jeffhoracek.com/resources-wellness-excerpts-otc) articles]
- I take a multivitamin/multimineral supplement daily. You should! [Body–All points]
- I *do not* smoke, vape, chew tobacco, drink more than one (1) alcoholic beverage daily, or use illicit drugs. [Body–2]
- I *am not* routinely exposed to environmental pollutants, including heavy metals, pesticides, herbicides, and toxic fumes. [Body–3]
- I *do not* routinely use aluminum products, including cookware, foil, soda cans; nor do I frequently use plastic food-storage containers or drink from plastic containers. [Body–3]
- I *do not* have any foreign substance implanted or inserted within me, including silver amalgam dental fillings, breast implants, or titanium metal pins or parts. [Body–4]
- I *do not* routinely consume refined carbohydrates (table sugar), added sugars, soft drinks, highly processed foods, fast foods, junk foods, fried foods, margarine, or highly processed vegetable oils (corn, canola, safflower, and other similar oils). [Body–5]
- I consistently eat balanced, nutrient-dense, and appropriately-sized meals consisting of a large proportion of vegetables and fruit; some grains; protein as lean meats, eggs, legumes (peas and beans), nuts, or seeds; and a healthy calcium source such as dairy or yogurt. [Body–6]
- I have identified potential allergies, intolerances, and sensitivities to foods and other substances and have taken appropriate measures to avoid or counteract them. [Body–7]
- My weight is appropriate for my height and skeletal build, healthy, and well-maintained. [Body–8]
- I am satisfied with my current weight setpoint and energy level, and I am physically able to undertake all tasks and activities that I need and desire to do. [Body–8 and 9]

- I maintain healthy activity levels with at least 30–60 minutes of moderate exercise daily such as brisk walking, cycling, or gardening and such. [Body–9]
- I get adequate sleep every night (7–9 hours) and feel rested and vigorous the next day. [Body–10]
- I *do not* take prescription medications to help me sleep. [Body–1 and 10]
- I *do not* need excessive amounts of caffeine (over 200–300 mg; the equivalent of 3 cups of coffee) to stay alert and focused during the entire day. [Body–10]
- I understand and have addressed my unique dietary needs and concerns, including adequate intake of probiotics, fiber, vitamin B-12, iron, calcium and vitamin D, magnesium, and any other unique macro or micronutrient requirement for my good health. (Especially important for vegetarian, vegan, gluten-free, dairy-free, and other diets; pregnancy, and other conditions.) [Body–11]
- I undertake regular (preferably yearly) medical, eye, and dental exams and I am proactive in keeping my body healthy, clean, and strong. [Body–12]
- I *do not* have any major health condition (such as diabetes, cardiovascular disease, or chronic health condition) that needs to be controlled and monitored regularly. [Body–All points]

***Mental and Emotional Well-Being—Soul*** [22 Questions covering 11 Points]

Check the box of each statement that certainly applies to you; if you are uncertain about the statement as it applies to you, leave it unchecked.

- My physical body is healthy and well and my spiritual nature is healthy and well. [Soul–1; Body–All points; Spirit–All points]
- I understand the necessary and healthy connection between my body, soul, and spirit. [Soul–1]
- I possess and maintain a healthy and positive self-image, self-esteem, a true identity, and I am comfortable with who I am and who I was created to be. [Soul–2]
- I have learned much from my past experiences, but I *do not* dwell on the past and refuse to let negative past events control me or dictate the course and success of my future. [Soul–3]
- I routinely take all negative thoughts captive and make them obedient to the Mind of Christ, thereby winning the mental battles that wage war within me. [Soul–4]
- Generally, I handle and manage stress and change well, have good coping skills, and I am not typically adversely affected by stress or change for lengthy periods of time. [Soul–5]
- I am free from all addictions, dependencies, obsessions (anything that negatively consumes your thoughts or time), behavioral disorders (food-related, compulsions, self-harm, etc), or I am actively in counseling and getting assistance to overcome those issues. [Soul–6]

- I have healthy, strong, and appropriate relationships with first God, then spouse, then children, family, friends, and coworkers. [Soul-7]
- In my relationship with my spouse (or partner), God is at the center and I consistently practice the foundational characteristics of healthy, strong relationships including a balance of power, with a willingness to yield; mutual respect, despite differences; trust, without worry; honesty, with open communication; individual expression (autonomy), with acceptance; safety, with appropriate boundaries; a comfortable ease and enjoyment together; common ground and ideals; and shared humor. [Soul-7]
- I compassionately understand what makes my spouse (or partner) feel deeply loved and I consistently do my best to express my love in those and other meaningful ways (such as physical intimacy, helpful service, giving gifts, time together, encouragement and affirmation). [Soul-7]
- I *do not* criticize, belittle, or try to change my partner, but I consistently pray for my partner, pray for God to mold and shape my partner into His image, and pray especially for God to align my heart, mind, and attitudes with His. [Soul-7]
- I have and maintain healthy priorities with God first and partner second, children third; followed next by career, church, and other organizations and responsibilities and I have not taken upon myself more responsibility than I can effectively and comfortably manage with my available time and resources. [Soul-8]
- I wholeheartedly support and encourage my partner's career, goals, and aspirations even if their accomplishments and accolades far outshine mine. [Soul-8]
- I understand loss and the process of grieving and I am able to recover and overcome tragic life events in appropriate coping ways and appropriate time frames such that the memory of the event, at some point, no longer consumes me or overpowers me. [Soul-9]
- I am comfortable with being alone for extended periods of time without being lonely. [Soul-9]
- I have *not* struggled with extended periods of depression or anxiety and I currently am *not* taking any medications for depression or anxiety or panic disorders and the like. [Soul-9; Body-1]
- I enjoy my career and I am satisfied with my position and status in life at this time. [Soul-10]
- I continue to have goals, dreams, and aspirations that I am striving to achieve, and I continually find ways to challenge and improve myself. [Soul-10]
- I know my God-designed life purpose and I am living it out to the full, helping people along the way and reaping fulfillment and joy for myself as well. [Soul-10]
- I am fully prepared to age gracefully and finish life strongly, and I am pleased with the accomplishments in my life and the legacy I leave behind. [Soul-11]
- All of my finances are in order, I do not have any excessive debt, I live financially within my means, I have enough money invested and saved to leave an inheritance to my heirs, and all the preparations for my exit from this earthly life are in order. [Soul-11]

- I have prepared a *living will* (a do not resuscitate order) and a *last will and testament* and have instructed the appropriate individuals as to my final wishes and distribution of my estate. [Soul-11]

***Spiritual Well-Being—Spirit*** [18 Questions covering 14 Points]

Check the box of each statement that certainly applies to you; if you are uncertain about the statement as it applies to you, leave it unchecked.

- I believe in the Lord Jesus Christ and acknowledge Him as my personal Lord and Savior. [Spirit-1]
- I read the Bible daily and focus intently on what God's Word is saying to me and I am attentive to the voice of the Holy Spirit and follow His leading. [Spirit-2]
- I pray frequently throughout each day, either spoken or silent, praising God, thanking God, seeking guidance and direction in all things, and praying for the needs of others and for my family and self. [Spirit-3]
- I make a conscious effort to worship the Lord daily through praise and adoration, prayer, music and song, rejoicing, or other means to meet with Him. [Spirit-4]
- As a believer in Christ, I know and fully understand my three enemies—Satan, the world, and self—and I continually wear the spiritual armor of God and am always prepared for spiritual warfare, knowing full well the ploys of each enemy, including the world with its subliminal deceptions and my old self which seeks to suffocate my new creation in Christ. [Spirit-5]
- I regularly attend a Bible-preaching and Bible-teaching church for my continued spiritual growth and support. [Spirit-6]
- I actively participate in my church, giving of my resources, time, and talents to build others up and serve God. I *do not* attend church to market my profession or wares or simply to receive resources from others. [Spirit-6]
- I have been baptized in water as a public declaration of my faith, following the example of Jesus, or I am making arrangements to do so. [Spirit-7]
- I consistently seek out and cooperate with the Holy Spirit and am obedient to His leading and guidance, especially in the area of personal transformation to mold and shape my attitudes, behavior, and character from within to conform them to the image of Jesus Christ. [Spirit-8]
- I fully understand that to better my life, better my relationships, and to be the most successful in life, change must start with me from within through the transformational power of the Holy Spirit and I must continually conform my heart and mind in obedience to Him and the Word of God. [Spirit-8]
- I know and understand the Word of God fully well and clearly perceive the truth through the guidance of the Holy Spirit, discerning and identifying the half-truths, deceptions, and lies coming from the enemy, the world, and the old self within. [Spirit-9]

- God and the Word of God are the center of my life and I consistently seek Their guidance for all life choices and decisions and how I operate in this life. [Spirit–All points]
- As a believer, I understand that the Holy Spirit has empowered me with certain *spiritual gifts* as described in the Bible, which may be similar to or uniquely different from my natural talents and abilities, and I am fully aware of my personal spiritual gifts and use them frequently to build up other believers. [Spirit–10]
- I frequently make time to meet God in deep and meaningful ways such as extended periods (60 minutes or more) of prayer, study, worship, meditation and reflection, or even occasional fasting for spiritual breakthroughs. [Spirit–11]
- I am a spirit-filled believer, as evidenced by my ability to pray in an unknown language and I use this ability to more effectively pray for God’s will for other people and to strengthen my spiritual connection with God. (Although this is not a requirement for spiritual wellness, it is a powerful perk.) [Spirit–12]
- I have a spiritual mentor and/or prayer and accountability partner that I am in contact with at least occasionally, if not frequently. [Spirit–13]
- God has called me to a particular area of ministry, and I am actively fulfilling my God-directed life purpose as He continues to empower and equip me. [Spirit–13]
- I am committed to continual study and spiritual growth by attending Bible studies or prayer groups and studying additional biblical resources such as study Bibles, word studies, devotionals, and other Christian writings. [Spirit–14]

## **Utilizing Your Wellness Evaluation**

**Congratulations!** You are on your way to physical, mental and emotional, and spiritual wholeness and wellness!

You have answered 60 questions covering 37 critical points for your entire well-being—body, soul, and spirit. There is *not* a grade or number determined by this evaluation—it is simply a tool to be utilized by you to identify areas where you are doing well and areas that need attention to get well. For each box that you checked, that identifies an area in which you probably are doing well, but you still may want to investigate it further. Those boxes that you did **not** check identify areas that need to be addressed. At the end of each statement is a reference key in brackets that identifies the section and point from my resource, *Outline for Life—The Essential Core Principles for Physical, Mental and Emotional, and Spiritual Well-Being* (Intro, Body, Soul, Spirit) that you should go to for information to help you become healthier in that area. *Outline for Life* is available for download on the Resources page of my website, [JeffHoracek.com](http://JeffHoracek.com), and is your primary tool and guide to get your entire nature—body, soul, and spirit—healthy and well and to maintain your total well-being.

It’s your life—your body, your soul, your spirit—by God’s design.  
My prayers are with you.

Questions? Email me @ [admin@jeffhoracek.com](mailto:admin@jeffhoracek.com)