

# My Personal Wholeness Map

## Physical Body & Connection to Nature

Signs of Wholeness	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Signs of Fragmentation
I sometimes feel tension in my body and when I do, I know how to release it	<input type="checkbox"/>	1	<input type="checkbox"/>	I often carry stress/tension in my neck, shoulders, abdomen and it's not easy for me to release it
I rarely experience digestive discomfort	<input type="checkbox"/>	2	<input type="checkbox"/>	I repeatedly experience digestive issues
I don't have chronic pain or fatigue	<input type="checkbox"/>	3	<input type="checkbox"/>	I deal with chronic pain or fatigue
I sleep well most of the time	<input type="checkbox"/>	4	<input type="checkbox"/>	I often have sleep issues
I feel present and connected to my body, and I know how to slow down	<input type="checkbox"/>	5	<input type="checkbox"/>	I often feel hyperactive and/or restless, and/or disconnected from my body
I do regular conscious movement	<input type="checkbox"/>	6	<input type="checkbox"/>	I do not include self-aware exercise in my daily regime (hint: running on a treadmill while watching a screen doesn't count)
I spend lots of time connected to nature	<input type="checkbox"/>	7	<input type="checkbox"/>	I do not connect to nature and even if I do, I forget to look around

## Emotions & Creative Expression

Signs of Wholeness	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Signs of Fragmentation
I practice consciously observing my emotional energy	<input type="checkbox"/>	1	<input type="checkbox"/>	I don't pay much attention to my emotions
I easily relate to my and other people's emotional states	<input type="checkbox"/>	2	<input type="checkbox"/>	I tend to suppress or explode with my emotions
I respect my emotions and process them within minutes or a few hours	<input type="checkbox"/>	3	<input type="checkbox"/>	I am prone to panic, emotional flooding, or simply ignore feelings that aren't logical
I may experience occasional anxiety and if I do, I know how to release it.	<input type="checkbox"/>	4	<input type="checkbox"/>	I experience anxiety on a regular basis
Most of the time I feel driven and inspired	<input type="checkbox"/>	5	<input type="checkbox"/>	I often feel helpless
I can create clear boundaries in my life and can identify limiting thoughts	<input type="checkbox"/>	6	<input type="checkbox"/>	I often feel resentful or fearful
Creativity flows through me like a waterfall	<input type="checkbox"/>	7	<input type="checkbox"/>	It's not easy for me to find creative ways to express myself

# My Personal Wholeness Map

## Spirit, Dreams & Purpose

Signs of Wholeness	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Signs of Fragmentation
I found my purpose and mission in life	<input type="checkbox"/>	1	<input type="checkbox"/>	I do not know what my purpose in life is
I want to create something bigger than myself	<input type="checkbox"/>	2	<input type="checkbox"/>	I don't feel an inner drive or calling
I found my own unique way of connecting to my spiritual essence	<input type="checkbox"/>	3	<input type="checkbox"/>	I don't have a regular spiritual practice or I don't feel fulfilled with the one I have
I feel my inner fuel to pursue my dreams	<input type="checkbox"/>	4	<input type="checkbox"/>	I don't have a strong drive to pursue my dreams
I intentionally connect to my inner world and even keep a dream journal	<input type="checkbox"/>	5	<input type="checkbox"/>	I don't connect to my dreams and visions
I imagine in pictures, sounds, or sensations on a daily basis	<input type="checkbox"/>	6	<input type="checkbox"/>	Imagination doesn't come easily to me
I have a gratitude practice	<input type="checkbox"/>	7	<input type="checkbox"/>	Gratitude is a great thing but I rarely remember to feel grateful

## Intellect & Mind

Signs of Wholeness	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	Signs of Fragmentation
I know how I can simply observe my thoughts	<input type="checkbox"/>	1	<input type="checkbox"/>	I often feel stuck inside my thoughts/inner chatter
I deal with occasional stress from thinking a lot and recognize how to ease it and release it	<input type="checkbox"/>	2	<input type="checkbox"/>	I am often stressed and tend to worry a lot
What's in the past, I leave in the past	<input type="checkbox"/>	3	<input type="checkbox"/>	I admit, I relive events in my mind
My memory is pretty good	<input type="checkbox"/>	4	<input type="checkbox"/>	I easily forget things
I regularly allow myself to break the walls of conventional thinking	<input type="checkbox"/>	5	<input type="checkbox"/>	It's not easy for me to think outside of box
I spend time nurturing my entire brain so another language is welcome	<input type="checkbox"/>	6	<input type="checkbox"/>	I do not learn a foreign language easily
I accept reality as is & decide how to move forward in life	<input type="checkbox"/>	7	<input type="checkbox"/>	I tend to get stuck in 'what if' scenarios