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**Holistic Health Assessment**

Indicate below how **satisfied** you feel in each life area using a scale of **1** *(not satisfied)* **– 10** *(extremely satisfied*). For the life areas that you seek improvement, please describe the improvements **you** prefer.

***Rate each from 1-10***

**Your Physical Health:**

1) I feel refreshed and vital when I wake up in the morning.

2) My body is free of pain most of the time.

3) I’m free of anxieties and depression.

**Family and significant other:**

4) I’m happy and involved in a committed relationship.

**Career/Business:**

5) I’m happy in my current job.

**Please answer the following questions:**

1) What are your concerns?

2) Have you worked with other healing modalities in the past and has it worked

for you?

3) How committed are you to your healing process?

4) If we could focus your complimentary discovery session on one thing, what

would it be?