

Section 2: MIND

Meditate Spoke (p.73)

(All questions on pg 78, Hardcover)

Quick Assessment: As far as you and a meditation practice, would you say:

- I meditate twice a day for 10-20 minutes. (5)
- Never done it. I don't see how sitting in silence for 20 minutes accomplishes anything. (1)
- Or somewhere in between. (2,3,4)

My Meditate Spoke Rating: _____

Deal with your "Baggage" Spoke

(All questions on pg. 88)

Quick Assessment: would you say:

- I am fully aware of my past trauma(s), don't think about it much, and am able to draw positives from the negativity. (5)
- You think about the trauma frequently, can't take positives from it, and you can't truly let it go. (1)
- Or somewhere in between. (2,3,4)

My Deal with your "Baggage" Spoke Rating: _____

Align Values and Actions Spoke

(All questions on p.98, Hardcover)

Quick Assessment: would you say:

- I have a solid grasp on the values that are important to me and know how to act in such a way that I am pulled towards them. (5)
- The only objectives I work towards are the ones on my work "to-do" list. (1)
- Or somewhere in between. (2,3,4)

My Align Values and Actions Spoke Rating: _____



Section 3: SPIRIT

Develop Intuition Spoke

(All questions on p.137)

Quick Assessment: As far as your intuition, would you say:

- I know when to “trust my gut” and have no issue acting upon that feeling. (5)
- I strictly follow data to plot my next move. (1)
- Or somewhere in between. (2,3,4)

My Develop Intuition Spoke Rating: ____

Savor Spirit-Lifting Hobbies Spoke

(All questions on pg.152)

Quick Assessment: Would you say:

- I regularly engage in a hobby that takes me away from work and into a state of flow or joy. (5)
- I don't have time for anything but work. Time for ME feels like time WASTED. (1)
- Or somewhere in between. (2,3,4)

My Savor Spirit-Lifting Hobbies Spoke Rating: ____

Prioritize Personal Growth Spoke

(All questions on pg.162, Hardcover)

Quick Assessment: As far as personal growth, would you say:

- I am constantly seeking new wisdom, fresh knowledge and exciting experiences.(5)
- I learn on a “necessary” basis. If I don't need the knowledge right now, personal learning it is time ill-spent. (1)
- Or somewhere in between. (2,3,4)

My Personalize Personal Growth Spoke Rating: ____

Total Spoke Scores: Quick Reference

Looking to the future

You've made it to the end of your self-assessment! Well done! It's a difficult and uncomfortable process to analyze ourselves objectively. But I promise you, it will serve you greatly in the long run. So, what do we do with all of these numbers? Let's start by recording each of your scores on the corresponding spoke below.

Body: Total Score_____

My Eat Healthy Plant-Centric Diet Spoke Rating: _____

My Get Enough Sleep Spoke Rating: _____

My Do Enlivening Exercise Spoke Rating: _____

My Upgrade Your Products Spoke Rating: _____

My Hydrate Spoke Rating: _____

My Relax Spoke Rating: _____

Mind: Total Score_____

My Meditate Spoke Rating: _____

My Deal with your "Baggage" Spoke Rating: _____

My Align Values and Actions Spoke Rating: _____

My Speak Your Truth Spoke Rating: _____

My Hone Your Focus Spoke Rating: _____

My Master a Positive Attitude Spoke Rating: _____

Spirit: Total Score_____

My Develop Intuition Spoke Rating: _____

My Savor Spirit-Lifting Hobbies Spoke Rating: _____

My Personalize Personal Growth Spoke Rating: _____

My Connect to a Higher Power Spoke Rating: _____

My Craft Self-Expression Spoke Rating: _____

My Create Intimacy Spoke Rating: _____

Total Spoke Scores: Custom Plan

Look at those numbers. Take it in. Don't let it get you down. Instead, smile, and wish it well - because with your new focus on customizing your spokes, this can be the last time you ever see numbers this low. From here on, these numbers and your well-being can improve together!

Let's take a moment to look to the future. Understanding that the highest possible number in any spoke is 36, how high would you like that number to be in a month? _____ 3 months? _____ This is wellness to work towards, and you will get there.

Enough talk, let's get practical.

The only way to raise that overall tally is by raising each individual spoke's score. Let's focus on the spokes that need the most attention:

Pick 3 of your spokes that you would like to work on first.

Personalized Spoke 1

1.) What is the spoke you've identified?

2.) What customizations can you make to your own life to help raise that score? For example, if you picked the "Hydrate" spoke, you may set a customization to lower your soda intake each day. If you need help identifying steps you can take towards that higher score, consult the corresponding chapter in your copy of Reinventing the Wheel.

3.) Rome wasn't built in a day. Set a timeline you can check-in with yourself on. A week, a month... How long will you practice this customization for before evaluating?

4.) Depending on your answer to question 3, revisit us at that appropriate time. When you do, re-score yourself. How high have you driven that score? Wellness takes time. Even an increase from 4 to 5 is a victory to be celebrated.

Total Spoke Scores: Custom Plan

Personalized Spoke 2

1.) What is the spoke you've identified?

2.) What customizations can you make to your own life to help raise that score? For example, if you picked the "Hydrate" spoke, you may set a customization to lower your soda intake each day. If you need help identifying steps you can take towards that higher score, consult the corresponding chapter in your copy of Reinventing the Wheel.

3.) Rome wasn't built in a day. Set a timeline you can check-in with yourself on. A week, a month... How long will you practice this customization for before evaluating?

4.) Depending on your answer to question 3, revisit us at that appropriate time. When you do, re-score yourself. How high have you driven that score? Wellness takes time. Even an increase from 4 to 5 is a victory to be celebrated.

Personalized Spoke 3

1.) What is the spoke you've identified?

2.) What customizations can you make to your own life to help raise that score? For example, if you picked the "Hydrate" spoke, you may set a customization to lower your soda intake each day. If you need help identifying steps you can take towards that higher score, consult the corresponding chapter in your copy of Reinventing the Wheel.

Total Spoke Scores: Custom Plan

3.) Rome wasn't built in a day. Set a timeline you can check-in with yourself on. A week, a month... How long will you practice this customization for before evaluating?

4.) Depending on your answer to question 3, revisit us at that appropriate time. When you do, re-score yourself. How high have you driven that score? Wellness takes time. Even an increase from 4 to 5 is a victory to be celebrated.

Moving Forward

Congratulations! This Assessment the perfect next step towards increasing your well-being!

My book is called **Reinvent the Wheel**. Wheels do not have beginnings or ends - they are simply in motion, either taking you closer or further from where you want to be.

This process of improving your wellness does not have an end point. It will constantly be in motion, like that wheel. You have the choice to decide which direction that wheel goes, though.

By simply picking up the book, you started your wheel rolling forwards. Only you can say how far you will go.

Just because I wrote the book doesn't mean my journey has finished. I still have to turn my wheel forward every day. What I will say about my proverbial journey though, having been on it for some time now, is that the road gets smoother, and the scenery gets nicer.

Enjoy your journey.

Get those wheels rolling.

