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Fundamental Nourishment Assessment

This is your whole-life focused survey.

How to use this tool:

Rate each of the 12 items on a scale of 1-10, with one being the lowest level of satisfaction, and ten being the highest. Return a filled-out survey either via email one day prior to, or in person the day of your first coaching session. Keep in mind when reading the descriptions, that whatever your rating, it is neither good, nor bad. This is an assessment of the state of balance in your life. Be honest with your ratings. You are in a judgement free zone, and we can only address what is known.

Fundamental Nourishment Descriptions

Peace of Mind: True peace of mind is related to one's spirituality and general sense of belonging in the world. Whether you recharge your soul by being out in nature, or attending an organized religious event on a regular basis, do you feel connected with your creator or the universe?

Imagination: Imagination and being able to express one's creativity in life is an essential part of being a human being. Without the freedom to discover and explore what inspires you, your soul is not completely fulfilled. Do you have someplace in your life where you are free to use your imagination at will?

Budget/Wealth: While it is true that money does not equal happiness, budgeting and living within ones means does help relieve many stressors in a person's life. This section is not asking you if you are making as much money as you'd like to be, rather it is measuring how you manage your money and if you are living within your means.

Occupation/Life Work: Most human beings spend more time at work than they do with their family, friends/loved ones, and other hobby like activities. Are you in a career you love? Does your work challenge, inspire and excite you? or are you a clock watcher waiting for the last second to arrive and the first second to leave? Is your workplace fun, and nurturing, which allows you to learn and grow as a person, or are you stifled, bored or worse yet - in a hostile environment?

Training/Learning: The hallmark of all successful happy people is that they never stop learning. I challenge you to talk to any successful entrepreneur, CEO, or world class athlete, you will find as I have that they all have one thing in common: an insatiable curiosity and unstoppable drive to acquire knowledge. Do you make time in your day to learn something new?

Physical & Mental Wellness: 80% of the US is reported to be on some form of synthetic medication for either a mental or physical ailment. True health is defined as being both bodily and mentally vigorous and free from disease. How would you rate the state of your body and mind?

Physical Recreation/Exercise: The human body is meant to be moving. A sedentary life leads to disease and depression. Exercise allows blood to circulate through the body and allows you to think more clearly. Exercise can be defined something as gentle as a walk around the block or down the beach, yoga, tai chi, or structured like being in the gym or a class, going on a hike or even gardening or playing a game of golf or basketball. How would you rate how much you allow your body to move?

Physical Nourishment: In this fast-paced world we live in, what we eat and how it is prepared varies greatly from person to person. Food cooked fresh and at home with love and intention has been proven to be more filling and nutritious than ordering food in, going out to a restaurant, or worse yet driving through a fast food establishment. Do you know where your food comes from and how it is prepared?

Physical Habitat: One's home environment greatly affects the state of mind. Is your home cluttered, and in constant chaos, or is it organized, tidy, and always clean? Are you the type of person that makes their bed every morning and changes their sheets once a week, or do you fly out of bed in the morning and come home to a messy room?

"We cannot solve our problems with the same thinking we used when we created them" – Albert Einstein





Intimate & Familial Connections: The first memory all humans have are of their mother, and if they are lucky, their father. Many studies have shown that adults revert to their need and desire for positive attention from their parents, throughout their entire lives, seeking that type of approval and love in their intimate relationships. How is your relationship with your family? If you have a significant other, how is that relationship?

Social Connections: Whether you are an introvert, extrovert, or something in between, human beings require other human contact. Do you have a meaningful connection with one or more people in your life? Do you have people you can confide in, laugh with, and enjoy spending time together with?

Pleasure & Happiness: While it is not a natural state to feel pleasure and happiness 100% of the time, some people would say they have next to no joy in their lives, while others can spend an hour writing a list of all the things they are grateful for in their lives. Where are you on this scale?

Fundamental Nourishment Type	Rating (1-10)
Peace of Mind	
Imagination	
Budget/Wealth	
Occupation/Life Work	
Training/Learning	
Physical & Mental Wellness	
Physical Recreation/Exercise	
Physical Nourishment	
Physical Habitat	
Intimate & Familial Connections	
Social Connections	
Pleasure & Happiness	

Client Name:

Signature:

Date:

email address:

phone number:

Date:

