**General information**

First & Last Name:

Home Address including City, State, Zip Code:

Occupation:

Interests/Hobbies:

Names and ages of children:

How did you hear about Bosch Integrative Wellness?

**About your health and aspirations**

#1 Identify what you truly love in life and how you want to be in life. Consider beginning with one of the following: I love to do… I love to be… I love to feel…

#2 What is your Mission or Purpose in life? Consider beginning with one of the following related questions: What is most important to me? What do I want the legacy of my life to be? What is my life about?

#3 What are your dreams in life? What do you aspire to be/do/achieve?

#4 Identify why you want to be healthy. Visualize what being healthy allows for your life. I want to be healthy because...

#5 Acknowledge what you do now to take care of yourself. Give yourself credit for what you do. I take care of myself by...

#6 Identify reasons why optimizing self-care will enhance your health. The reason I want to take good care of myself is so I can... so I feel...

**Rate your satisfaction in 7 core areas of health:**

SLEEP - consistently getting adequate restful sleep

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your sleep?

MOVEMENT - being active

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your movement?

NUTRITION - eating whole unprocessed nutritious foods

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your nutrition?

RELATIONSHIPS - interacting respectfully with ourselves & others

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your relationships?

RESILIENCY - practicing stress-protective activities

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your resilience?

SPIRITUALITY - values and beliefs about ourselves & the world that give our lives purpose and meaning

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your spirituality?

ENVIRONMENT - managing our physical surroundings, spending time in nature

On a scale from 1 (very unsatisfied) to 10 (very satisfied), how satisfied are you with your environment?