



Art of Self-Health Checklist

Physical Self-Health- Base Chakra

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| • I practice some form of moderate exercise regularly. | Yes | No |
| • I eat a primarily natural and nutritional diet. | Yes | No |
| • I get 7-8 hours of sleep a night. | Yes | No |
| • I practice deep, abdominal breathing to relax. | Yes | No |

Emotional Self-Health- Sacral Chakra

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|--|-----|----|
| • I feel and express emotions easily. | Yes | No |
| • I laugh often. | Yes | No |
| • I am honest with myself. | Yes | No |
| • I allow myself to experience pleasure often. | Yes | No |

Occupational Self-Health- Solar Plexus Chakra

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| • I am confident of my skills, abilities and talents. | Yes | No |
| • I make my work enjoyable. | Yes | No |
| • My occupation and/or daily activities have meaning for me. | Yes | No |
| • I am taking action to insure my future financial security. | Yes | No |

Relational Self-Health- Heart Chakra

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| • I spend meaningful time with close friends or family. | Yes | No |
| • I am able to forgive past hurts from others. | Yes | No |
| • I have at least one close friend and confidant. | Yes | No |
| • I am loving and lovable | Yes | No |

Self-Expressional Self-Health- Throat Chakra

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| • I communicate what I want and need to others easily. | Yes | No |
| • I speak the truth faithfully and speak up when I need to. | Yes | No |
| • I practice some sort of creative expression often. | Yes | No |
| • I am a good listener. | Yes | No |

Mental Self-Health- Third Eye Chakra

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| • I avoid worrying. | Yes | No |
| • I am able to concentrate and focus when I need to. | Yes | No |
| • My problems provide opportunities for growth. | Yes | No |
| • I can visualize or imagine new possibilities as solutions to problems. | Yes | No |

Spiritual Self-Health- Crown Chakra

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|---|-----|----|
| • A presence greater than myself is always with me. | Yes | No |
| • My life has purpose and meaning. | Yes | No |
| • I meditate or practice quiet contemplation. | Yes | No |
| • I trust my intuition in making decisions and choices. | Yes | No |

I responded NO two or more times in the following dimensions: