Lifestyle Assessment Worksheet

Welcome to your Lifestyle Assessment Worksheet.

This tool is designed to provide a comprehensive overview of your current lifestyle, helping you to identify areas for improvement. By answering the following questions honestly, you will gain valuable insights into your habits and be able to set realistic and meaningful goals to enhance your well-being.

Instructions:

We have focused our questions on the three most important areas of life: Body, Mind, and Spirit. After answering all the questions, take time to reflect on what you want to change. Use this reflection to plan your goals and action steps.

· How to Use This Worksheet:

- You can print the worksheet or use your favorite notebook, using our worksheet as a guide.
- Read each question carefully and answer honestly for the most accurate assessment.
- Take your time with each section; there is no need to rush.

After Completing the Assessment:

- Reflect: Review your answers and think about the areas where you see opportunities for improvement.
- Set Goals: Based on your reflections, set realistic and meaningful goals.
- Plan Action Steps: Develop a detailed plan with actionable steps to achieve your goals.
- Track Progress: Use the provided habit tracker and progress charts to monitor your progress over time. Adjust your plan as needed to stay on track.

• Tips for Success:

- Be honest with yourself; this is a personal journey toward better well-being.
- Regularly revisit your goals and action steps to stay motivated and make necessary adjustments.
- Celebrate small wins along the way to maintain motivation and positive momentum.



BODY

Step 1: Answer all the questions honestly. This will help you get an accurate assessment and see what changes you need to make.

1 Nutrition and Diet:	
How often do you eat processed or fast food? (daily, weekly?)	
How many glasses of water do you drink each day?	
Do you monitor your intake of sugar, flour, and unhealthy fats?	
Do you take any dietary supplements? If so, which ones and how often?	
Do you plan your meals ahead of time?	
How often do you cook at home versus eating out?	
Is your environment clean or cluttered?	
What type of personal care products do you use? Are they clean or do they contain toxic ingredients?	
(This might take a while to check your products' ingredients. The Think Dirty® app is the easiest way to learn about the ingredients in your beauty, personal care, and household products).	
2 Physical Activity:	
Do you have a regular stretching or flexibility routine?	
How often do you engage in strength training exercises?	
Do you incorporate physical activity into your daily routine (e.g., walking, gardening)?	
How many days a week do you engage in physical exercise?	

What types of exercise do you do?

BODY



Sleep:

How many hours of sleep do you get on average per night?	
Do you have trouble falling asleep or staying asleep?	
Do you feel rested and energized upon waking up?	
Do you have a regular sleep schedule?	
How many times do you wake up during the night, if any?	
Do you track your hours of sleep each night? If so, how do you track it (e.g., sleep journal, app, wearable device)?	
What do you typically do in the hour before bedtime? Relaxing or engaging in stressful activities (e.g., watching horror movies, stressful news)?	



Health Monitoring:

How often do you visit a healthcare provider for check-ups?	
Do you regularly monitor your weight, blood pressure, glucose and cholesterol levels?	
Do you experience any chronic pain or physical discomfort?	

"Your present circumstances don't determine where you can go; they merely determine where you start."

- Nido Qubein -

MIND



Mental Health:

Do you experience feelings of anxiety or depression? How often?		
How often do you engage in activities that bring you joy and satisfaction?		
Do you have a support system (friends, family, community) that you can rely on?		
Have you noticed any changes in your memory or concentration?		
Do you set aside time for self-reflection or journaling?		
How often do you feel mentally fatigued or unable to focus?		
What negative beliefs about yourself would you like to let go of?		
Are there any past experiences or traumas that need healing or resolution?		
Do you practice forgiveness, both towards yourself and others? How often?		
Do you engage in activities that challenge your brain, such as reading, puzzles, or learning new skills?		
2 Stress Management:		
How often do you feel stressed or overwhelmed?		
What methods do you use to manage stress (e.g., meditation, exercise, hobbies)?		
Do you practice any relaxation techniques such as deep breathing or yoga?		
How would you rate your ability to manage stress on a scale from 1 to 10?		
Do you struggle with negative self-talk?		
Do you have a fixed mindset about your life or body?		
f you had to describe your emotions around menopause in three words.		

what would they be?

SPIRIT

(1)
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Spiritual Practices:

Do you have a regular spiritual or religious practice? If so, what does it involve?	
How often do you engage in practices like meditation, prayer, or mindfulness?	
Do you participate in any community activities or volunteer work?	
Do you feel connected to something greater than yourself (e.g., community, nature, a higher power)?	
2 Emotional Well-being:	
Do you have healthy ways to cope with negative emotions?	
How often do you express gratitude for the things and people in your life?	
Do you take time to acknowledge and process your emotions regularly?	
How often do you experience positive emotions such as joy, gratitude, and peace?	
3 Personal Fulfillment:	
o you feel a sense of purpose or meaning in your life?	
low often do you engage in activities that align with your values and passions?	

Are you content with your current life path and achievements?

Goal Setting

Step 2: List all the areas that need improvement and set your goals.

After assessing each area, identify areas for improvement and set SMART goals.

Areas for Improvement:

- · Which area (Body, Mind, Spirit) needs the most attention?
- What specific habits or behaviors do you want to change or improve?

Set SMART Goals:

- Specific: What exactly do you want to achieve?
- Measurable: How will you track your progress?
- · Achievable: Is this goal realistic for you?
- Relevant: How does this goal align with your overall well-being?
- Time-bound: What is your deadline for achieving this goal?

Example Goal Setting:

- · What specific steps will you take to improve your nutrition or physical activity?
- How will you incorporate stress management techniques into your daily routine?
- What new activities or practices will you explore to enhance your spiritual well-being?
- How will you measure your progress in achieving these goals?
- What steps will you take to address past traumas or let go of negative beliefs?

Our daily lives are driven by our habits. Pick 2-3 things you want to implement and practice them daily until they become second nature. Then, choose a few more and incorporate them into your daily habits. Changing habits isn't easy, so take it slowly if needed. However, some women have successfully made sweeping changes all at once. There is no right or wrong way regarding how fast you want to introduce new habits.

You know yourself best, so decide what pace works for you. At the end of this worksheet, you will find a habit tracker page that might help you monitor your progress.

Now, set your new goals, plan the changes, and create new daily routines and rituals.

At the end of this worksheet, you will find a few examples of goal planners and trackers to choose from if you need them.



GOAL SETTING

Write everything you wish to change.		

MENOPAUSE VISION STATEMENT

Step 3: Write Your Menopause Vision Statement

Now, it's time to pull it all together and craft your Menopause Vision Statement—a statement that defines what's most important to you in your life and highlights how you want to spend your time and energy.

Remember, life is your canvas, and you hold the brush. Paint a masterpiece filled with health, wealth, purpose, and passion without limitations. Embrace your power to design a life you love, where every decision reflects your dreams and aspirations. Our potential knows no bounds. Create the life of your dreams and come back to this statement often. Read it when you have a weak moment or feel like giving up.

Tou are powerful. Tou can do it.		

MENOPAUSE VISION STATEMENT

Write Your Menopause Vision Statement





PLANNER

START:	END:
MY GOALS	ACTION STEPS
ACTION REVIEW::	
MY GOALS	ACTION STEPS
ACTION REVIEW::	
MY GOALS	ACTION STEPS
ACTION REVIEW::	

WEEKLY GOAL TRACKER



WEEK OF:

Days	My Goals	My Feelings	Done
Mo			
Tu			
We			
Th			
Fr			
Sa			
Su			
NOTES			

WEEKLY





WEEK OF:		
HABIT/ SELF-C	ARE STEP	S M T W T F S
1		
2		
3		
4		
5		
6		
7		
WEEK OF:		
HABIT/ SELF-CAI	RE STEP	S M T W T F S
1		
2		
3		
4		
5		
6		
7		

SLEEP TRACKER



DATE	SLEEP TIME	AWAKE TIME	HOURS SLEPT	NOTES

WEEKLY REVIEW



Date:	Week of	
1 2 3	Rate you	ur week 6 7 8 9 10
	The highlight of r	ny week was
	3 Gratitude c	ıffirmations
I managed to	accomplish	What worked well this week
<u> </u>		

MONTHLY MEAL PLAN (Description)



MONTH -	
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	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

WEEKLY MEAL PLAN



MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DESSERT	DESSERT	DESSERT

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DESSERT	DESSERT	DESSERT

SUNDAY	NOTES
BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DESSERT	





WEEK OF:

DAY	BREAKFAST
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

DAY	LUNCH
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

DAY	DINNER
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

DAY	SNACKS
MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

on taking the first step towards enhancing your well-being! By completing this Lifestyle Assessment Worksheet, you have gained valuable insights into your current habits and identified areas for improvement. Remember, the journey to a healthier and more fulfilling life is ongoing and requires patience and dedication.

Embrace the Process

Stay Committed: Consistency is key. Incorporate your new habits into your daily routine and watch as they become second nature.

Seek Support: Surround yourself with a supportive community and don't hesitate to seek professional guidance if needed.

Your Vision, Your Life: Revisit your Menopause Vision Statement often. Let it be a reminder of your commitment to yourself and your well-being. You have the power to design a life you love.

You Are Powerful: Believe in yourself and your potential. Every step you take brings you closer to your goals.

Keep moving forward and stay inspired.

Thank you for taking the time to invest in yourself. Remember, you are not alone on this journey. Together, we can achieve a life of health, happiness, and fulfillment.

Feel free to reach out with any questions or to share your progress. You've got this!

With Gratitude and Encouragement,

"Embrace self-care as a lifelong journey rather than a one-time fix. Every small step is progress." - Urszula Kudla