



BE WELL, DO WELL INQUIRY

Please check the statements below that are true for you.

Body

- I know how to slow down.
- I regularly get a good night's sleep and wake up refreshed, ready to meet the world.
- I am aware of my body's intelligence and listen to it.
- I exercise regularly to build strength as well as lung and heart capacity.
- I leave my workstation for a healthy lunch each day.

Mind

- I can focus on one thing at a time and manage distractions effectively.
- When I leave work, I leave it there and spend quality time with my loved ones.
- I regularly engage in activities with long-term value, rather than only reacting to immediate demands.
- I know how to listen to myself and others.
- I have a healthy relationship with time.

Spirit

- I know my life purpose and can articulate it.
- I know the power of accepting what happens in my life.
- I allocate my time and energy to what is most important.
- Within the last six months, I've spent a minimum of one full day alone, without flat screens.
- If I died today, I would know that I gave more than I have taken.