

CGI Holistic Health Assessment

Please examine and reflect on the statements described below and rate each statement indicating how strongly you agree or disagree with the statement. Rate each statement on a scale of one to five, with one (1) indicating strong disagreement and five (5) indicating strong agreement. When you are finished, please add up all the ratings for each quiz, record them as directed and plot your scores on your Health Assessment Triangle at the end of the quiz.

Strongly Disagree

Strongly Agree

1	2	3	4	5
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Health (H) Quiz

H-1 I am usually able to breathe naturally and comfortably

1	2	3	4	5
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H-2 I have plenty of energy throughout the day.

1	2	3	4	5
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H-3 My body usually feels light.

1	2	3	4	5
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H-4 I usually have no trouble moving my neck.

1	2	3	4	5
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H-5 I usually have no trouble moving my wrists and ankles.

1	2	3	4	5
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H-6 I can walk all day without feeling tired.

1	2	3	4	5
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H-7 My arms and legs usually feel strong.

1	2	3	4	5
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H-8 I rarely have headaches.

1	2	3	4	5
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H-9 My mouth usually produces plenty of saliva.

1	2	3	4	5
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H-10 I take time to enjoy my hobbies.

1	2	3	4	5
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H-11 I consume a balanced diet.

1	2	3	4	5
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H-12 I exercise regularly to improve my health.

1	2	3	4	5
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H-13 I sleep deeply and well at night.

1	2	3	4	5
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H-14 I have good digestion.

1	2	3	4	5
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Happiness Quiz (S=Smile)

S-1 I always feel good.

1	2	3	4	5
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S-2 I feel I am a happy person.

1	2	3	4	5
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S-3 I have good relationships with my family, coworkers, and other people around me.

1	2	3	4	5
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S-4 I am an optimistic person.

1	2	3	4	5
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S-5 Even if I feel sad about some event in my life, I live with a positive, proactive attitude.

1	2	3	4	5
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S-6 I am very satisfied with my personal family, and social conditions.

1	2	3	4	5
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S-7 I am grateful for my life as it is now.

1	2	3	4	5
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S-8 I am proud to be who I am.

1	2	3	4	5
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Peace (P) Quiz

P-1 I follow my conscience in all situations.

1	2	3	4	5
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P-2 I am certain that my life is meaningful and purposeful.

1	2	3	4	5
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P-3 I accept difficulties in my life as contributing to my growth.

1	2	3	4	5
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Calculating HSP Scores

P-4 I am using my talents and abilities in a way that is fulfilling.

1	2	3	4	5
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P-5 I believe that my activities benefit humanity.

1	2	3	4	5
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Health (H) Quiz (14 Questions)

Total the points for questions H1-H14. The maximum total is 70 points.

Your Health Score: _____ points.

Happiness (S) Quiz (8 Questions)

Total the points for questions S1-S8. The maximum total is 40 points.

Your Happiness Score: _____ points.

Peace (P) Quiz (5 Questions)

Total the questions P1- P5. The maximum total is 25 points.

Your Peace Score: _____ points.