



# SOARING SUN

## health & acupuncture

**How many of us are aware of how well we take care of ourselves and find calm, ease, and serenity daily? I'm asking beyond the scope of a haircut, manicure, pedicure, massage, going to the gym, or working out. Those things are lovely and pleasurable, but what about in the heart felt sense of our alignment in our minds, hearts, and bodies? I'm asking about the inner mission. We've been programmed to believe that the truth to our answers of rest and relaxation are outside of us; TV, social media, computers, phones, etc. Have you thought about the inner mission we can take to create love in our hearts, harmony in our minds, and balance in our bodies?**

**Research shows that people who take time to recharge and restore are more creative, happier, and more successful. But how do we find it? Where does it reside inside of us? How can we create it?**

**This questionnaire will help you identify the areas of your life that are well-tended, and those that could use more time and attention. This is not meant to be a diagnostic assessment. Instead, it is a tool to help you see what you are doing to care for yourself. There are no right or wrong answers to these questions, and some of them may require a bit of thought. Take your time and answer each question to the best of your ability based on your self-awareness practices right now.**

**LET'S BEGIN:**

**For the following questions, please rank each item on a scale of 0–5.**

**0 – Never 1 – Rarely 2 – Sometimes 3 – Often 4 – Regularly 5 – Always**

**PHYSICAL WELLBEING- HOW OFTEN DO YOU:**

- 1. Drink enough water?**
- 2. Exercise for more than 20 minutes a day?**
- 3. Wake feeling refreshed from sleep?**
- 4. Sleep at least 7 hours per night?**
- 5. Make time to relax or nap?**
- 6. Take time to breathe deeply throughout the day?**
- 7. Engage in stress-reducing activities (excluding TV or screen time)?**
- 8. Spend time in nature?**

9. **Feel nourished, healthy, and strong?**
10. **Eat a whole foods-based diet rich in colorful fruits and vegetables?**

**MENTAL/EMOTIONAL/SPIRITUAL WELLBEING— DO YOU:**

1. **Give and receive affection regularly?**
2. **Feel understood and valued by those who are close to you?**
3. **Feel gratitude on a daily basis?**
4. **Find meaning in life even during difficult times?**
5. **Take an interest in or find joy in the world around you?**
6. **Have hope that things will get better?**
7. **Express yourself creatively?**
8. **Treat yourself with kindness?**
9. **Remember to make your dreams and goals a priority?**
10. **Feel that you are worthy to receive life's blessing?**
11. **Give yourself time for daily mindfulness (meditation, breath work)?**

**For the following questions, please rank each item on a scale of 0–5.**

**0 – Never 1 – Rarely 2 – Sometimes 3 – Often 4 – Regularly**

**PROFESSIONAL LIFE/ WORK/ CAREER- DO YOU:**

- 1. Hold a work position in an area of your interest?**
- 2. Work in a position that matches your professional goals?**
- 3. Find a sense of meaning and enjoyment in your work?**
- 4. Empathize and connect with customers, clients, and work colleagues?**
- 5. Have confidence in your ability to address challenges in your professional life?**
- 6. Feel supported at work or in your professional life?**
- 7. Have someone you can rely on if you need help or guidance?**
- 8. Set limits at work, whether it be with clients or tasks?**
- 9. Disengage and leave pressures behind at the end of the day?**
- 10. Take vacation or holiday breaks to allow for some down time?**

**SOCIAL LIFE/ FAMILY/ RELATIONSHIPS: DO YOU**

- 1. Have a dependable person who listens to you?**
- 2. Have supportive family and friends close by?**
- 3. Get enough social time with people who make you happy?**
- 4. Participate in group activities with people who share a common interest?**
- 5. Spend time with people who make you laugh?**
- 6. Feel like your close relationships are loving and supportive?**
- 7. Have the ability to comfortably say no?**
- 8. Do something fun with family or friends at least once a week?**
- 9. Feel like your personal life brings balance to your professional life?**
- 10. Feel comfortable asking for help when you need it?**

**The higher the score, the better you may be at taking time for self-care and wellness in each aspect of your life. Trying to improve your scores can help create more balance in your life.**

**Consider items on which you scored 3 or lower. How can you modify your behavior to improve your self-care practices? What goals might you need to set in order to make these changes?**

**When you work with Dr Tammy you learn how to empower yourself to create the life you want. She lives and guides her community with her motto, “Open your heart, change your mind, and heal your body”. She journeys with you to align personalized knowledge and information to create balance and harmony in these areas of your life with her approach.**

**If you’re local to Colorado, or live across the country, Dr Tammy has two formulas for you. The “Reclaim Your Life” program, and, if you’re a mama and papa in the making, she has her program “Get Pregnant Over 40”.**

**She has created a formula which combines functional medicine, biological medicine, mindfulness, breath work, acupuncture and acupressure, life and health coaching, meridian mapping, and nutritional consulting to create health, wholeness, and balance in all areas of your life.**



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