

Winners Keep Score™ Health Assessment

Use this free health assessment to identify areas you can expect the most improvement as you *Take Control of Your Health*.

Today's Date: _____

Please indicate how strongly you agree with the statements below, 0 being complete disagreement and 10 being absolute agreement.

Disagree «-----» Agree

Physical health

I am free from pain/symptoms: 0 1 2 3 4 5 6 7 8 9 10

I am fit and enjoy high energy levels: 0 1 2 3 4 5 6 7 8 9 10

I look healthy (weight, skin, hair): 0 1 2 3 4 5 6 7 8 9 10

Mental health

I am easily able to concentrate: 0 1 2 3 4 5 6 7 8 9 10

I learn new things easily: 0 1 2 3 4 5 6 7 8 9 10

I have a great memory: 0 1 2 3 4 5 6 7 8 9 10

Emotional health

I have high self esteem: 0 1 2 3 4 5 6 7 8 9 10

I am free from anxiety/worry: 0 1 2 3 4 5 6 7 8 9 10

I am free from depression/sadness: 0 1 2 3 4 5 6 7 8 9 10

The most important specific health challenge I would like to overcome is:

My current status with overcoming this challenge: 0 1 2 3 4 5 6 7 8 9 10

What it would mean to me to overcome this challenge:

Thank you for completing this assessment. You are a winner!

Now let's focus on moving you further towards 10 in all of the areas in this assessment.

This free health assessment is from the book, *Take Control of Your Health: How to Quickly, Safely and Affordably Master the Art of Wellness* by Craig Brockie (Ascension Int'l Group, 2009).

You are encouraged to share this health assessment with others and print as many copies as you like to monitor your own progress.

Visit CraigBrockie.com for more information and further resources.