

## Vibe-Care™ Assessment



## Vibe-Care™ Assessment: Holistic Wellness Check

Vibe-Care is self-care at the vibrational and energetic level that recognizes that everything is energy.

Instructions: Rate each statement on a scale from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree." Be honest with yourself and reflect on how each statement applies to your current state of well-being.

1. I feel physically energized and healthy.
2. My mind is clear, and I can focus on tasks easily.
3. I have a sense of purpose and direction in life.
4. I maintain healthy and supportive relationships.
5. I manage stress effectively and feel emotionally balanced.
6. I engage in activities that bring me joy and fulfillment.
7. I practice self-compassion and prioritize self-care.
8. I have a healthy work-life balance.
9. I feel connected to nature and the world around me.
10. I am satisfied with my financial well-being and budgeting.

### Scoring:

- Add up your scores for all the statements.
- A score closer to 50 indicates a higher level of well-being or positive "vibe."
- A lower score may suggest areas in your life that need more attention and vibe-care™.

Remember that this assessment is a self-reflection tool and not a diagnostic instrument. It can help you gain insight into different aspects of your well-being and identify areas where you may want to focus on vibe-care™ and improvement.