



wellness inventory

your wellness solution



"A powerful tool for 21st century
integrative medicine."

Larry Dossey, MD

"This tool should be part of every
coach's tool box."

Dr. Patrick Williams, CEO

Institute for Life

Coach Training

The Wellness Inventory is a pioneering "whole person" assessment program designed to enable individuals to gain personal insight into their state of physical, emotional, and spiritual wellness. The program offers guidance and tools to transform this new awareness into lasting changes in your life, and a renewed sense of health and wellbeing.

The Wellness Inventory takes individuals on a personal one year journey that features five key steps.

Step 1 – Wellness Assessment: Complete a lifestyle assessment covering 12 dimensions of whole person wellness – Self-Responsibility & Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing & Working, Communicating, Intimacy, Finding Meaning, and Transcending.

Step 2 – Wellness & Satisfaction Scores: Receive Wellness & Satisfaction Scores for each section as well as overall scores. Discover your areas of strengths as well as the areas of your life you are most motivated to change.

Step 3 – Create a Personal Wellness Action Plan: Identify 3-5 action steps based on the areas you are most motivated to change. The wellness plan is then emailed to you weekly to keep you accountable to your goals.

Step 4 – Tools to Help You Reach Your Wellness Goals:

- Virtual Coach: Regular email reminders to help you stay focused on your goals.
- My Wellness Journal: Record your daily successes, challenges, and wellness insights.
- Self-Study Centre: Develop a deeper understanding of 12 areas of wellness by accessing commentaries on the 120 wellness statements in the assessment.
- Wellness Resource Centres: Discover key resources in each of the 12 areas to help you achieve your wellness goals - wellness workshops, mind coaching, recommended books, audio courses, and related products and services.

Step 5 – Supporting Your Ongoing Wellness:

Reassessment & Progress Tracker: Retake the assessment after 6 months. Monitor your progress with the "Test Comparison" feature.

**To take the assessment or for further information
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