

# Whole Health Quiz

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\* Adapted from Dr. Lissa Rankin's book Mind over Medicine

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1. Work/Life Purpose
  - a. Do you have a sense of purpose in your life?
  - b. Is how you spend most of your day in line with your talents and purpose?
2. Relationships
  - a. Do you feel worthy of love and affection?
  - b. Do you have a sense of connectedness with others?
  - c. Do you have a strong support network?
  - d. Are you willing to be vulnerable with the people in your life?
  - e. Are you willing to forgive those who have hurt you?
3. Creativity
  - a. Are you clear on what you feel inspired to create?
  - b. Do you engage regularly in activities that allow your creativity to flow?
4. Spirituality
  - a. Do you have a sense of what you consider most sacred or meaningful in your life?
  - b. Do you nurture this aspect of your life regularly?
5. Environment
  - a. Do you live in an environment that you love?
  - b. Does your environment include nature?
  - c. Are you free of potential harmful environmental exposures (heavy metals, toxic cleaning products, pollution, etc)?
6. Sexuality
  - a. Do you feel sexually satisfied, either in a relationship or not?
7. Finances
  - a. Do you feel financially healthy?
  - b. Do you feel confident that you have, and will have enough money for your needs?

8. Mental Health/Personal awareness and acceptance
    - a. Do you feel free of suffering from past traumas?
    - b. Do you feel worthy of being happy?
    - c. Do you love and accept yourself?
    - d. Are you aware of your intuition or the part of you that knows what's best for you?
    - e. If the above answer is yes, do you pay attention and listen to this?
    - f. Do you express gratitude regularly?
  9. Physical Health
    - a. Do you exercise regularly?
    - b. Do you eat a healthy diet of real whole foods with minimal junk food?
    - c. Are you willing to invest time and energy into taking better care of your body?
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The sections with the most 'NO's' are the priorities for your attention. Spend some time thinking about what might help you address your needs, and consider incorporating these into your new years resolutions.

Your plan may involve an exercise prescription, taking a photography class, starting a meditation practice, seeing a therapist to address past traumas, booking with a financial planner, cleaning out the clutter in your home, making a coffee date with an old friend, or perhaps the most powerful of all: a decision to love and accept yourself just as you are. These are just a few of the possibilities. Remember, you are your best guide.

Consider checking out Dr. Rankin's book "Mind over Medicine" or booking an appointment with Dr. Snider for a Mind-Body Medicine consultation if you feel you are struggling with a stress-related illness and would like to explore this further.

Be well,  
Dr. Hannah Snider