

INTEGRAL LIFEWORK NOURISHMENT ASSESSMENT

For all thirteen areas of essential self-care, there will be a range of what constitutes high quality nourishment in each dimension, a range that will change from person to person, and even for the same person over the course of their life. In order to measure this, I developed this simple self-assessment to create a discussion around self-care. There are many ways to evaluate how we are doing in these areas, but one way is to rate your level of satisfaction in each dimension, taking your time to observe and weigh your levels of skillful nurturing, satisfaction and contentment from day-to-day. What I've also found is that one of the best ways to gain insight into this area is to not only complete the Assessment yourself, but to have a couple of close friends or family members complete the Assessment on your behalf, offering their own opinions with honesty, humility and compassion. It is important to let each person finish the assessment independently before comparing or discussing them.

In the chart on the following page, consider the combination of intentions, practices, habits and natural rhythms in your life that contribute to the nourishment of each dimension, and rate them according to the following values:

1. Extremely dissatisfied, doing very poorly
2. Slightly dissatisfied or doing a bit poorly, below expectations
3. Satisfied, doing okay, though could still improve
4. Satisfied and content, meeting expectations
5. Extremely satisfied, doing very well, above expectations

When someone else is evaluating you, they will use the same values to indicate how well they feel you are doing in each area (I suppose you could say it will be their level of satisfaction, because they care about you). After everyone has completed the exercise, take some time to compare how you rated yourself in one dimension with how other people rated you there. Did the observations of others align with how you see yourself? If not, why do you think that is the case? Did all dimensions have fairly similar ratings – are they in balance with each other? Are there areas you would like to improve? If you discover one or more aspects of yourself that may be undernourished, consider giving them some special attention over the next week or two, providing targeted care and nurturing for those dimensions. Then, if you try this assessment again at a later date, you will be able to track how your self-care changes over time – and of course you can have others retry it as well.

If you decide you would like to achieve greater harmony and integration among these thirteen nourishment centers, please consider **Integral Lifework** coaching as an option. If you would like to proceed, once the Assessments have been completed, you can either fax each one to me at 619-331-9482, or password-protect the documents and email them to me at tcollins@integrallifework.com. (If you email me a password protected file, please also text both your name and your password to 858-449-4412.)

Integral Lifework Nourishment Assessment

Your Name: _____ Phone: _____ Email: _____

Relationship to Subject: _____ (Friend, Spouse, Coworker, Sibling, Lover, "Self")

	<i>Rate</i>	<i>Notes</i>
Physical health and well-being – consider diet, exercise, physical strength, energy, quality of sleep, chronic or recurring illness, managing weight, and overall sense of well-being. Are you happy with your body? Is your body happy with you?		
Positive emotions, creativity and self-expression – consider self-expression, honesty and authenticity in communication, regular creativity and imagination, overall happiness and contentment, sense of playfulness. Is there lots of joy?		
Relationships and social acceptance – consider quality of friendships, feeling appreciated and valued, regular expressions of affection between you and friends and family, overall sense of connectedness and intimacy, and sense of belonging.		
Learning and intellectual stimulation – consider regular exposure to new ideas and opinions, excitement about learning, diversity of interests, mental alertness, overall sense of intellectual curiosity and openness, and ability to think carefully and critically. Do new ideas and information excite you? Are you curious?		
Accomplishment and fulfillment – consider satisfaction over career, hobbies and life’s work, sense of overall purpose, excitement about plans and goals, strength of focus, and your endurance and follow-through. Do you feel purposeful each day?		
Spiritual Ground – consider the strength and consistency of connection and relationship with Inner Light, Divine Presence, Spirit, Spirit Guide(s), Soul, Spiritual Realm, Ground of All Being, Essence, Universal Consciousness or other spiritual dimension; consider ability to convert that into action, especially generosity of time, energy and resources, and regular gratitude. Is your spirit thriving?		
Healing of the past – consider level of peace, tranquility, forgiveness and healing around any past events, as well as the quality of relationships with all family members in the present. Do you get along well? Is there lots of love?		
Legacy, pleasure and reproduction – consider quality and character of what will be left behind after your death, the frequency of pleasurable experiences, and the sense of safety and stability in the home environment. Do you feel secure?		
Ease of shifting between different modes of processing your experiences – evaluate how easy it is to move from a logical, intellectual way of thinking to a felt or intuitive mode of being; or from being grounded in the body’s felt sensations and messages to analytical thought; or from any of these to a deeply spiritual space within; or from any one of these to any other. Do you feel flexible?		
Self-concept – consider self-confidence and possession of a clear and accurate awareness about your own strengths and weaknesses; consider compassionate acceptance of own faults and idiosyncrasies while at the same time being able to remain humble. Do you feel courageous? Do you respect yourself?		
Sexuality – consider level of satisfaction with sex life, level of genuine intimacy and sensitivity with your body and your partner, quality of physical openness, enjoyment of own body, and confidence with sexuality. Are you satisfied?		
Integrity – evaluate your ability to harmonize thoughts and intentions with words, words with actions, and actions with taking responsibility for the consequences of those actions. Do all of these align with each other?		
Artful will – consider how often you feel “in the flow,” where everything in your life feels like it is in harmony, where synchronicity happens and you sense you are moving in the right direction. Contrast that with how often you feel frustrated and “out-of-synch.” Do you feel like the stars are aligning for you (5), or do you feel thwarted (1)?		