

Lifestyle & Psychosomatic Health



A 10-minute self-assessment to uncover imbalances
and start your journey of transformation.

Find Your Balance:

The First Step Toward Clarity & Growth

This self-assessment is an invitation to **pause and dedicate some time to yourself**—10 minutes that are just for you. In our busy daily lives, we often forget how important it is to listen to ourselves and pay attention to the signals of our body and mind. These questions will **help you gain clarity** on which areas of your life are in balance and where you might need some support.

The **“Lifestyle & Psychosomatic Health”** assessment is the first of four self-assessments, each exploring different life areas: *Self-love & Intrapersonal Skills*, *Relationships & Interpersonal Skills*, and *Potential Development & Transpersonal Growth*. Together, they provide a comprehensive picture of your physical and mental well-being, supporting you on your path to inner balance.

Whether you’re working with a therapist or navigating your growth journey independently, this assessment can help you track your progress and gain valuable insights into your personal development. For others, it’s a tool to build self-awareness and identify areas for growth.

And you’re not alone on this journey. After completing the assessment, we can review your results together in a **personalized session** to deepen your understanding and work intentionally toward a balanced, fulfilling life.

Are you ready? **Let’s get started!**



Note

This test is intended for individuals in good health. If you are experiencing a challenging diagnosis or going through a difficult phase, we recommend consulting Enrico or your therapist beforehand. Otherwise, the test can help track changes over time.

4 Steps to Clarity & Balance

Here's how to approach it step by step:

- 1. Honest Self-Reflection:** Set aside 10 uninterrupted minutes, ideally when you feel rested and after a light meal. For those who menstruate, about two weeks after the start of your cycle is ideal for feeling balanced and focused.
- 2. Section-by-Section Scoring:** Rate each question from **1 (very dissatisfied)** to **10 (very satisfied)**. There's no right or wrong—just be honest with yourself and uncover what's truly going on beneath the surface.
- 3. Record Your Results:** Add up your scores and divide the total by 4. Then, print the spider diagram and fill in the corresponding cell based on your results.
- 4. Annual Ritual:** Repeat this self-assessment once a year to reflect, realign, and track your progress. Each time, you'll uncover new insights about your growth and areas needing attention.

Self-Assessment: Let's Begin!



Physical Activity

Strength training, endurance, mobility

How satisfied are you with the time you dedicate to physical activity?

1 2 3 4 5 6 7 8 9 10

How valuable do you find the quality and intensity of your workouts?

1 2 3 4 5 6 7 8 9 10

How often do you manage to do what your body truly needs?

1 2 3 4 5 6 7 8 9 10

When you think about your physical activity, how well does it support your overall well-being?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4 =



Eating Habits

Nutrient-rich foods, portions, balanced meals

Are you satisfied with the amount of nutrients you provide your body?

1 2 3 4 5 6 7 8 9 10

How satisfied are you with the variety and quality of the foods you choose?

1 2 3 4 5 6 7 8 9 10

How often do you manage to eat healthily throughout the week?

1 2 3 4 5 6 7 8 9 10

Overall, how aligned do you feel your nutrition is with your needs?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Rest & Recovery

Sleep, breaks, sleep hygiene, mindfulness breaks

Do you feel satisfied with the time you dedicate to rest and sleep?

1 2 3 4 5 6 7 8 9 10

How restorative do you find your recovery phases?

1 2 3 4 5 6 7 8 9 10

Are you able to incorporate regular and consistent rest and sleep into your routine?

1 2 3 4 5 6 7 8 9 10

When you think about your recovery phases, how well do they support your well-being?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Managing Addictions and Risky Behaviors

Substances, toxic relationships, compulsive behaviors

How satisfied are you with the steps you take to care for your health?

1 2 3 4 5 6 7 8 9 10

How effective do you find your efforts to avoid unhealthy patterns?

1 2 3 4 5 6 7 8 9 10

How regularly do you manage to pay attention to your health?

1 2 3 4 5 6 7 8 9 10

Looking at your approach to risky behaviors, how aligned do you feel it is with your values?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Time Management & Planning

Work-life balance, leisure planning, prioritization

How balanced does the time you spend on organization and planning feel?

1 2 3 4 5 6 7 8 9 10

How well do your planning strategies match your needs?

1 2 3 4 5 6 7 8 9 10

How often are you able to implement your time management and planning realistically?

1 2 3 4 5 6 7 8 9 10

Overall, how satisfied are you with your time management and planning?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Meditation & Mindfulness

Breathing exercises, meditation, body awareness

How comfortable do you feel with the time you dedicate to mindfulness and inner peace?

1 2 3 4 5 6 7 8 9 10

How fulfilling and impactful do you find the effects of your mindfulness practices?

1 2 3 4 5 6 7 8 9 10

How often do you take time for meditation or mindfulness practices each week?

1 2 3 4 5 6 7 8 9 10

When you think about your mindfulness practice, how well does it support your inner balance?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Joy & Humor

Laughing with others, enjoying life, moments of fun

How much space do laughter and joy occupy in your daily life?

1 2 3 4 5 6 7 8 9 10

How intense are the moments when you experience joy and humor?

1 2 3 4 5 6 7 8 9 10

How often do you manage to incorporate these valuable moments into your week?

1 2 3 4 5 6 7 8 9 10

Overall, how fulfilled do you feel by the humor and joy in your life?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Creativity & Self-Expression

Art projects, writing, music

How comfortable do you feel with the time you dedicate to creative expression?

1 2 3 4 5 6 7 8 9 10

How valuable do you find the quality and depth of your creative activities?

1 2 3 4 5 6 7 8 9 10

How often do you allow yourself to be creative and expressive?

1 2 3 4 5 6 7 8 9 10

When you think about your creative expression, how much does it support your inner balance?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Intimacy & Connection

Nature experiences, sex/cuddling, deep conversations

Do you feel comfortable with the time you dedicate to intimate and connecting moments?

1 2 3 4 5 6 7 8 9 10

How deep and fulfilling do you find these connections and experiences?

1 2 3 4 5 6 7 8 9 10

How often do you create such valuable moments in your week?

1 2 3 4 5 6 7 8 9 10

Looking at your experiences of intimacy and connection, how much do they nurture your well-being?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Self-Care & Physical Well-Being

Personal care, massages, wellness

Does the time you dedicate to self-care and personal care feel sufficient to you?

1 2 3 4 5 6 7 8 9 10

How beneficial and effective do you find the quality of these self-care practices?

1 2 3 4 5 6 7 8 9 10

How often are you able to create such moments for yourself?

1 2 3 4 5 6 7 8 9 10

Overall, how satisfied are you with your self-care and physical well-being?

1 2 3 4 5 6 7 8 9 10

Score

Total points:

/ 4

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Results

Record your final score for each category in the table below:



Physical Activity



Meditation & Mindfulness



Eating Habits



Joy & Humor



Rest & Recovery



Creativity & Self-Expression



Addictions & Risky Behaviors



Intimacy & Connection



Time Management & Planning

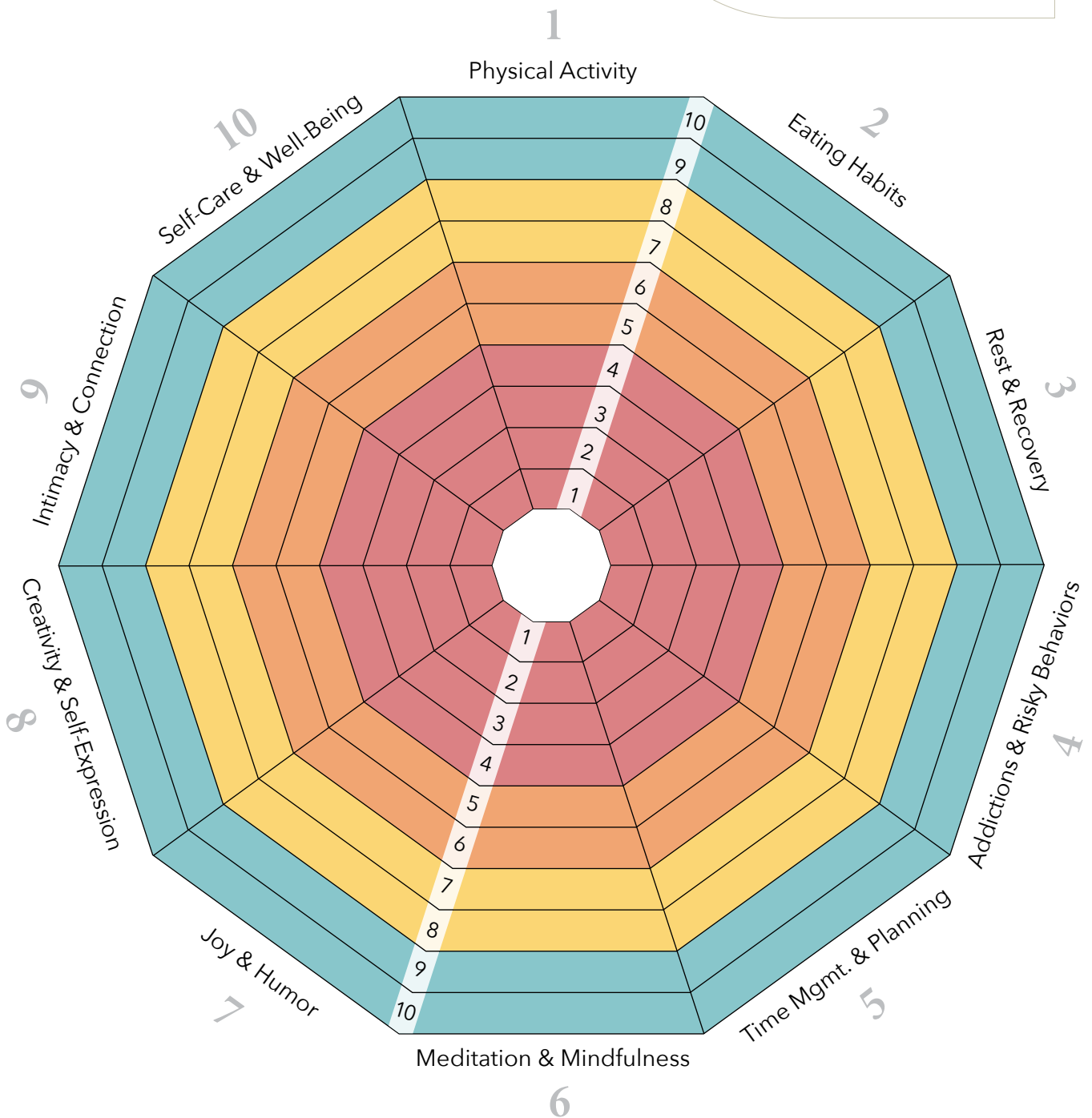
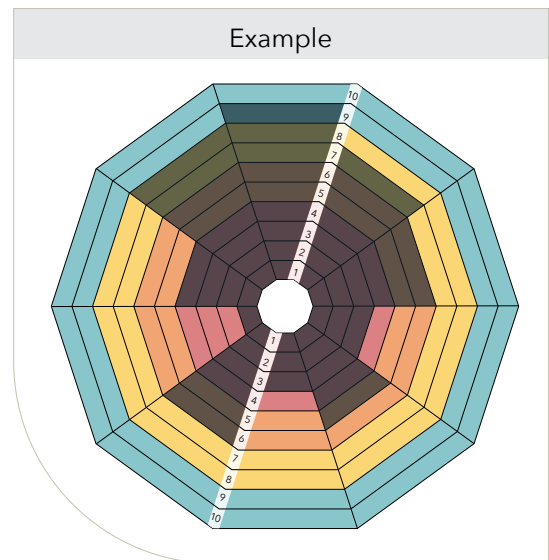


Self-Care & Physical Well-Being

Spider Diagram

For each section, locate the corresponding cell on the scale and fill it in with a pen or marker. Use the example for guidance.

Reflection: What stands out to you in your diagram? Use these insights as a roadmap for your personal growth.



What Do Your Results Mean?

Your results help you recognize balance in various areas of life and understand where support might be needed. Here's how to interpret your score:

1 to 4 points: Action Needed

It's highly recommended to seek professional support—actively taking care of your well-being is a sign of strength.

5 to 6 points: Support Recommended

These areas deserve attention. Coaching or therapy can help you explore new paths and grow stronger.

7 to 8 points: Strong Growth for Potential

You already have a solid foundation. Additional support may help you achieve greater balance and satisfaction.

8 to 10 points: Positive State

Congratulations! You've found good balance and are fostering your well-being. Keep it up!

Next Steps: Keep the Momentum Going!

You've already gained important insights about yourself—now it's time to continue on this path. **Every change begins with small, conscious steps**, and we're here to support you along the way.

- **Review Your Results:** Let's go through your results together in a personalized session and deepen your insights.
- **Individual Support:** Discover how our therapeutic approaches can help you create a more balanced and fulfilling life.

Ready to Dive Deeper?
60-Minute Introductory Online Session

Take the first step now



The offer is exclusively to new clients for their first session.

About Bodymind Therapy

Founded over a decade ago by **Enrico Fonte**, **Bodymind Therapy** supports individuals in uniting body, emotions, and mind while harmonizing relationships, daily life, and values.

Our vision is to help you become healthier, more loving, and more confident. With less stress and greater self-awareness, you can build loving relationships with yourself and others, creating a meaningful and creative life.



With the **10-minute "Lifestyle & Psychosomatic Health" assessment**, you can identify personal patterns and imbalances. This awareness is your first step toward:

1. Greater health and psychosomatic well-being
2. Deep relationships and love for yourself and others
3. Meaningful success and existential security

Discover more about us and our therapies!

www.bodymindtherapy.de

