

**Find Your TruSynergy!**

**90-Day Mind, Body, Spirit Challenge**

**Personal Assessment**

**1. Name 3 things you constantly think about that make you feel stressed.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**2. What do you do to quiet your mind? \_\_\_\_\_**

\_\_\_\_\_

**3. On a scale of 1 to 5, how would you rate your physical health (1 = Low, 5 = High)? \_\_\_\_\_**

**If you rated yourself 1 to 3, what would you like to do differently? \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

**If you rated yourself 4 or 5, what is your current regimen? \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

**4. What does "spirituality" mean to you? \_\_\_\_\_**

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\_\_\_\_\_

**5. How do you expect this challenge to enhance your overall well-being? \_\_\_\_\_**

\_\_\_\_\_

\_\_\_\_\_

**6. How will you commit to yourself in order to make this challenge a success? \_\_\_\_\_**

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