

MIND BODY WELL BEING ASSESSMENT



Prepared For -

Sample Report

December 17th 2019

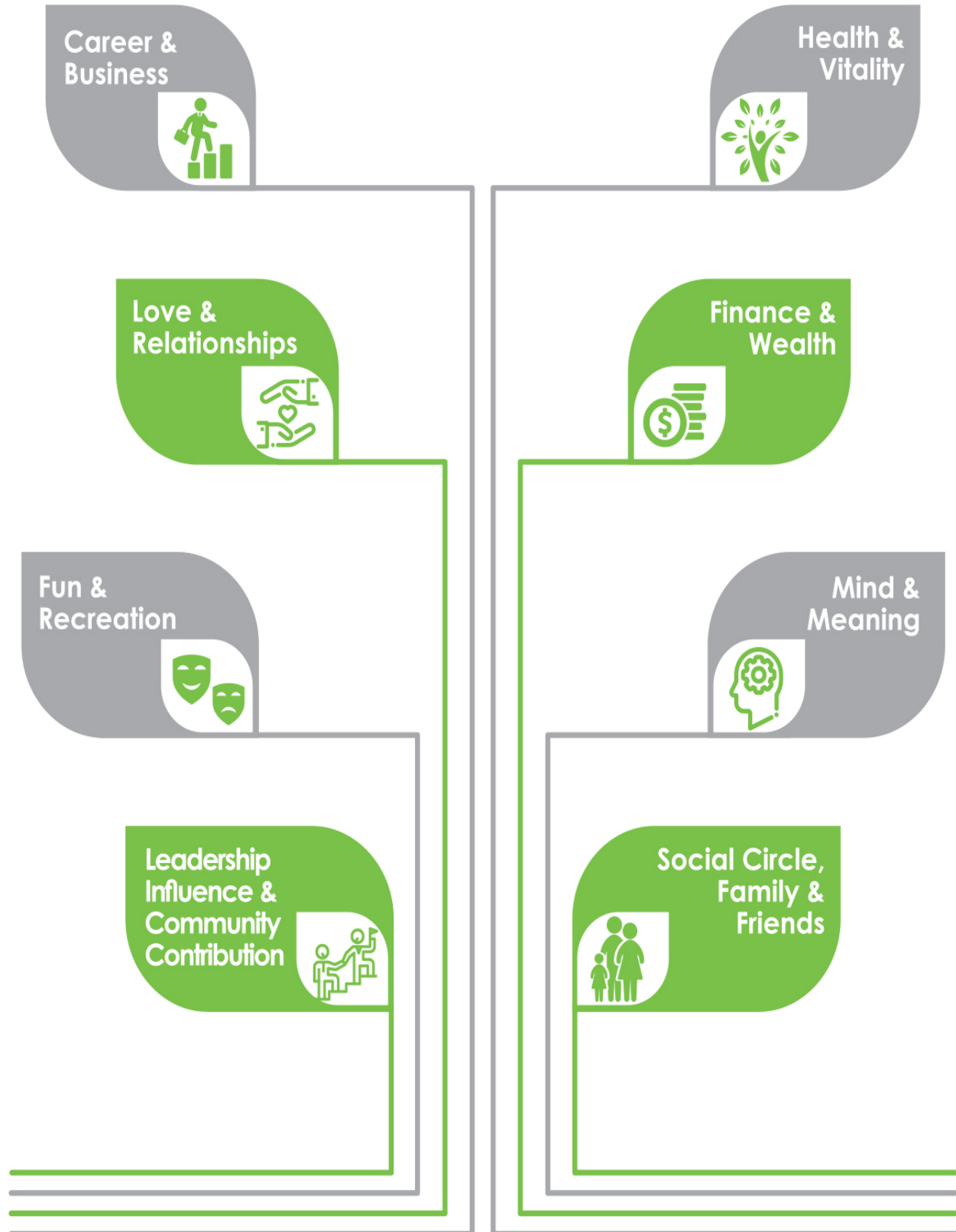
Dr Paras Wellness Pvt Ltd

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MIND BODY WELL BEING ASSESSMENT

Self Evaluation Checklist





Abundant

CAREER & BUSINESS

- Job fitment
- Career strategy
- Business
- Professional growth
- Time investment
- Social status
- Fulfillment



Average

HEALTH & VITALITY

- The way you feel overall
- Appearance
- Mobility
- Mood
- Routine/ Regime
- Energy
- Nutrition/Diet
- Sleep
- Functionality



Average

LOVE & RELATIONSHIPS

- Satisfaction
- Commitment
- Mutual Needs
- Compatibility
- Communication
- Awareness



Below Average

FINANCE & WEALTH

- Satisfaction of Needs
- Security
- Income
- Expenditure
- Abundance
- Planning
- Life conditions
- Spending Propensity



Social Circle, Family & Friends

- Social Acuity
- Family
- Friendships
- Quality time
- Open communication
- Support



Fun & Recreation

- Entertainment
- Relaxation
- Hobbies
- Stress-busters
- Travelling
- Work-life Balance



Mind & Meaning

- Mindfulness
- Self-awareness
- Finding meaning
- Fulfillment
- Purpose higher than self
- Meditation



Leadership Influence & Community Contribution

- Personal Effectiveness
- Initiative
- Leadership Skills
- Managing Change
- Decision Making
- Time Management
- People Development
- Volunteering

SELF-COACHING/ LIFE COACH

■ What Is My Current Challenge? (at Work, Home, Social Life, Self)

■ What Do I Want?

■ What Did I Observe About Myself From This Assessment?

■ What Are My Key Strengths I Learn From This Assessment?

■ Learning About Various Scales How It Impacts/ Influences My Current Role?

■ What Can I Do Different?

■ What Actions I Need To Take Now?



What Are 5 Things I Need

To Start – Stop – Continue To Achieve My Goal

Start

Stop

Continue

