



**MINDFUL ELEVATION**  
STRENGTH & RESILIENCE WITHIN

# Self-Assessment



## Baseline Wellness Self-Assessment

Rate each statement honestly based on how true it feels for you right now. Use the scale from 1 (Never true) to 5 (Always true).

	Statement	Scale
<b>MENTAL CLARITY</b>	I wake up feeling mentally clear and focused.	[1] [2] [3] [4] [5]
	I'm able to make decisions without overthinking.	[1] [2] [3] [4] [5]
	I know what matters most to me right now.	[1] [2] [3] [4] [5]

	Statement	Scale
<b>EMOTIONAL REGULATION</b>	I can recognize and manage my emotional triggers.	[1] [2] [3] [4] [5]
	I bounce back from emotional setbacks quickly.	[1] [2] [3] [4] [5]
	I handle high-pressure situations calmly.	[1] [2] [3] [4] [5]

	Statement	Scale
<b>STRESS &amp; ENERGY</b>	I recognize early signs of stress in my body.	[1] [2] [3] [4] [5]
	I have consistent tools I use to decompress or reset.	[1] [2] [3] [4] [5]
	I feel rested and recharged most days.	[1] [2] [3] [4] [5]

	Statement	Scale
<b>LEADERSHIP &amp; CONFIDENCE</b>	I feel confident in my leadership or personal presence.	[1] [2] [3] [4] [5]
	I communicate clearly, even under pressure.	[1] [2] [3] [4] [5]
	I set and maintain healthy boundaries.	[1] [2] [3] [4] [5]

	Statement	Scale
<b>RESILIENCE &amp; PURPOSE</b>	I can keep going, even when things feel heavy.	[1] [2] [3] [4] [5]
	I have a strong sense of purpose guiding my choices.	[1] [2] [3] [4] [5]
	I'm proud of how I handle hard things.	[1] [2] [3] [4] [5]

**Total Score (out of 75):** \_\_\_\_\_ Take this score as a baseline. I'll revisit this rating at the end of the coaching program to measure growth.

## Feedback and Reflection

This assessment draws inspiration from evidence-based concepts in wellness, emotional intelligence, and resilience frameworks, but it is not copied from or directly adapted from any one specific standardized tool.

**Which areas scored highest for you? What are you doing well?**

**Which areas scored lowest? What feels off or out of alignment?**

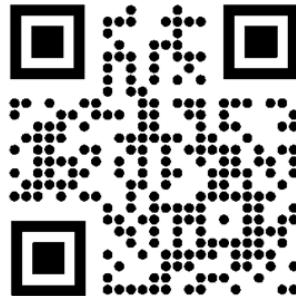
**What's one area you'd love to improve the most during a coaching program?**

**If we could create one major shift together, what would it be?**

## Next Steps

Now that you've completed your self-assessment, you've taken an important first step toward greater awareness, balance, and growth. Understanding where you are today is the foundation for meaningful change, but transformation happens when you take action on those insights.

- Schedule your empowerment discovery call today by visiting [www.mindfulelevate.com](http://www.mindfulelevate.com) or
- Scan the QR code below



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