

# Bigger Picture Health

The Bigger Picture Health Assessment reflects how you feel about your life as a whole - including your sense of fulfilment, emotional state, and overall quality of life.

This short reflective tool is designed to help you step back and assess your current state of well-being across six key areas of health. Using a scale from 1 to 10, you'll rate how you currently feel in each area - from how well your habits support your energy and well-being, to whether that area is being neglected or, at times, consuming more attention than it needs.	
Exercise	A strong score here suggests your physical activity supports your health and lifestyle - without being all-consuming. You feel physically capable, and your routine feels realistic and sustainable. Too low might indicate inconsistency or avoidance; too high might reflect overtraining or rigidity.
Nutrition	Your eating habits help you to feel energised and healthy. You eat a variety of mostly whole foods, without obsession, restriction, or guilt. Low scores may reflect poor food quality, under-eating, or chaotic eating habits; high scores could indicate an overly rigid or stressful relationship with food.
Sleep	You feel rested and alert most days. You have a consistent bedtime, and your sleep supports your mood, focus, and recovery. Too little sleep (or poor quality) drags everything else down. But prioritising sleep to the point of anxiety or excessive time in bed can also be unhelpful.
Relationships	You feel connected and supported by the people closest to you. You regularly make time for meaningful conversations and shared experiences. A low score may reflect feelings of disconnection or lack of support; an excessively high score could suggest that your energy is heavily focused on others, sometimes at the expense of your own needs.
Interests	You regularly engage in activities that you enjoy and find personally fulfilling – things you do purely because they interest you. These might be active, creative, relaxing, or skill-based. Lower scores may indicate that this part of your life is being neglected. Very high scores could suggest you're spending a lot of time here as a way to avoid other important areas or commitments.
Purpose	You feel a sense of purpose in your work – whether that's a career, parenting, volunteering, or another role. It aligns (at least partly) with your values and contributes to something bigger than yourself. A low score may reflect disconnection or dissatisfaction; a score of 10 could mean work is overshadowing the rest of your life.
Scoring	
1-3 (Poor)	This area is currently lacking and likely impacting your health.
4-6 (Fair)	Habits are forming but lack consistency or purpose.
7-9 (Optimal)	Strong, consistent, and purposeful habits supporting well-being.
10 (Excessive)	Strong habits, but may be overly prioritised and consuming.

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Which key area will I focus on this month?
What actions will I take to improve in this area?
How will I measure progress or success?

[illegible]