

# Bodiku Management

---

## Body

### 1. Physical Fitness

- How often do you engage in physical exercise?
  - Daily
  - Several times a week
  - Occasionally
  - Rarely or never

### 2. Nutrition

- How would you describe your diet?
  - Balanced and nutritious
  - Mostly healthy with occasional indulgences
  - Average, with room for improvement
  - Poor, often unhealthy choices

### 3. Sleep Quality

- How many hours of sleep do you get on average per night?
  - 7-9 hours
  - 5-6 hours
  - Less than 5 hours

### 4. Energy Levels

- How would you rate your daily energy levels?
  - High and consistent
  - Moderate, with occasional dips
  - Low and frequently tired

## Mind

### 1. Mental Clarity

- How often do you feel mentally sharp and focused?
  - Almost always
  - Most of the time
  - Occasionally
  - Rarely

### 2. Stress Management

- How effectively do you manage stress?
  - Very effectively
  - Somewhat effectively
  - Not very effectively
  - Poorly

# Bodiku Management

---

## 3. Emotional Health

- How would you rate your emotional well-being?
  - Very stable and positive
  - Generally good, with occasional challenges
  - Frequently fluctuating
  - Often struggling

## 4. Mindfulness Practices

- How often do you engage in mindfulness activities (e.g., meditation, deep breathing)?
  - Daily
  - Several times a week
  - Occasionally
  - Rarely or never

## Spirit

### 1. Purpose and Fulfillment

- How connected do you feel to your life's purpose?
  - Very connected
  - Somewhat connected
  - Unsure or disconnected
  - Not at all connected

### 2. Inner Peace

- How often do you feel a sense of inner peace?
  - Almost always
  - Most of the time
  - Occasionally
  - Rarely

### 3. Spiritual Practices

- How often do you engage in spiritual practices (e.g., prayer, reflection, nature walks)?
  - Daily
  - Several times a week
  - Occasionally
  - Rarely or never

# Bodiku Management

---

## 4. Community and Connection

- How connected do you feel to a supportive community?
  - Very connected
  - Somewhat connected
  - Only occasionally connected
  - Not connected at all

### Scoring

- For each category (Body, Mind, Spirit), assign 4 points for the most positive response, 3 points for the next, and so on down to 1 point for the least positive response.
- Total your points for each category to identify areas of strength and those needing improvement.

### Interpreting Your Score

- **36-28** : Excellent – You are well-balanced and thriving in this area.
- **27-19** : Good – You are doing well but could use some improvement.
- **18-10** : Fair – You may be struggling in this area and could benefit from more focus and effort.
- **9-0** : Needs Attention – This area requires significant attention to improve your overall well-being.

### Action Plan

- Focus on the areas where your scores are lowest.
- Set small, achievable goals to make positive changes.
- Seek support from a health professional or community group if needed.
- Remember that holistic health is a journey, and improvement takes time and effort.