



**Simple Truth Self-Assessment Worksheet©**  
Created by Justina Espenant

Check the pulse of your inner wellness. I want you to access the simple truths in your life. A simple truth is easy to see and understand. Start today to live in fabulous alignment with your inner wellness rhythms of self. The following are 6 starter simple truths. More are further examined in Justina's Inner Wellness coaching program.

**1. Clutter versus Clear**

Is your house cluttered with physical objects that no longer serve you as being useful or beautiful?

Would you be willing to venture into the drawers and boxes in your house to uncover the buried clutter of memories and things needing to be released?

Is your thinking clear & concise? Or, do you need windshield wipers for your mind?

Clutter over time becomes stagnant energy. There are many forms of clutter. List 2-3 areas in your life where some type of clutter is happening that is blocking the flow of your wellness energy.

**2. Fatigue versus Energized**

How many events and/or relationships drain the feel good part of you?

Do you understand what contributes to your fatigue? Do you understand the difference between healthy fatigue and unhealthy fatigue?

Identify two things, right now, that energize you? E.g. walking in nature or singing music. If you know they add feel good feelings to you inner bank account – are you doing them on a regular basis?

**3. Complicated versus Simple**

Identify all those things in your life that are complicated.

Identify all those things in your life that are simple.

Do you really really need the complicated in your life? Could you see a way of achieving the same results with a simple approach?

**4. Blocked versus Flowing**

Do you know what it feels like when you are in a blocked or resistance mode?

Can you identify what a flowing state feels like for you? Would it feel simple or would it feel complicated like anxiety and stress?

**5. Reactive versus Proactive**

Did you know that being reactive is connecting with your resistance and being proactive is connecting with your flow?

**6. Scarcity versus Abundance**

Are you grateful for the existing abundance around you? Or, do you focus on scarcity when you are already in the midst of abundance?

Are you feeling joyful so that you can receive more of what you want in life?

For more information on Justina's Inner Wellness coaching program – contact:

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