



PERSONALISED WELLNESS ASSESSMENT:

DISCOVER WHERE YOU'RE OUT OF BALANCE AND HOW TO
COME BACK TO CENTRE





YOUR WELLNESS IS MORE THAN A WORKOUT

Wellness isn't just about how much you move or how clean you eat—it's about how you feel when you wake up in the morning. It's the quality of your breath, the calmness in your mind, the lightness in your body, and the peace you carry in your heart.

If you've been doing "all the right things" and still feel off—this assessment is for you.

Take a few quiet moments to reflect. There are no wrong answers here —only insights. The goal isn't perfection, but awareness. Because once you know where the imbalances are, you can begin to shift—gently, powerfully, and with intention.





SECTION 1

BODY BALANCE





BODY BALANCE

Checklist

1) HOW OFTEN DO YOU FEEL PHYSICALLY ENERGISED DURING THE DAY?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

2) HOW OFTEN DO YOU EXPERIENCE PHYSICAL DISCOMFORT (FATIGUE, BLOATING, HEADACHES, MUSCLE STIFFNESS, POOR SLEEP)?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

3) HOW OFTEN DO YOU FEEL YOUR RELATIONSHIP WITH FOOD IS NOURISHING AND BALANCED?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER





SECTION 2

MIND & EMOTION CHECK-IN





MIND & EMOTION CHECK-IN

Checklist

4) HOW OFTEN DO YOU FEEL MENTALLY CLEAR AND FOCUSED?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

5) HOW OFTEN DO YOU FEEL POSITIVE EMOTIONS LIKE CALM OR GRATITUDE IN A WEEK?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

6) HOW OFTEN DO YOU COPE WITH EMOTIONAL STRESS IN A HEALTHY WAY (JOURNALING, MEDITATION, TALKING TO SOMEONE)?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER





SECTION 3

LIFESTYLE & ALIGNMENT





LIFESTYLE & ALIGNMENT

Checklist

7) HOW OFTEN DO YOUR DAILY ROUTINES SUPPORT YOUR WELL-BEING?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

8) HOW OFTEN DO YOU FEEL CONNECTED TO A DEEPER SENSE OF PURPOSE OR JOY?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER

9) HOW OFTEN DO YOU TAKE TIME TO REST, REFLECT, OR BE PRESENT WITHOUT DISTRACTION?

☐ ALWAYS ☐ OFTEN ☐ SOMETIMES ☐ RARELY ☐ NEVER





YOUR REFLECTION

What Your Answers Reveal

Let's gently interpret your responses and see where your wellness might be asking for attention.

Scoring Guide

Assign the following points to your answers:

ALWAYS	5 POINTS
OFTEN	4 POINTS
SOMETIMES	3 POINTS
RARELY	2 POINTS
NEVER / NOT AT ALL	1 POINTS

Maximum Score: 45 | Minimum Score: 9





What Your Score Means

Your Score What It Reveals -



Strong Foundation (38–50 points)

You're mostly in balance. Keep nurturing yourself with practices that support your well-being. Stay mindful and consistent.



Gently Off-Balance (26–37 points)

There are small areas of imbalance. Consider introducing breathwork, better sleep habits, or stress-reducing routines.



Time to Reconnect (11–25 points)

Your body and heart may be calling out for care. This is your gentle nudge to begin again—with support and self-compassion.





TAILORED RECOMMENDATIONS

Start Here

Based on your responses, here are some gentle, actionable tips to realign your wellness:

Area Out of Balance	Simple Next Step
<ul style="list-style-type: none">• Physical fatigue	➡ Try 10 minutes of morning sun, grounding food & better sleep hygiene
<ul style="list-style-type: none">• Emotional overwhelm	➡ Begin a daily 3-minute breathwork or journaling ritual
<ul style="list-style-type: none">• Digestive imbalance	➡ Try mindful eating + herbal teas like ginger or fennel
<ul style="list-style-type: none">• Mental fog or stress	➡ Reduce screen time, explore guided meditation
<ul style="list-style-type: none">• Disconnection or numbness	➡ Reconnect with nature, purpose journaling, or creative expression
<ul style="list-style-type: none">• Overdoing & burnout	➡ Schedule in intentional rest—nap, stretch, breathe





READY TO GO DEEPER?

*Your Wellness Journey
Doesn't Have to Be Solo.*

If this assessment opened your eyes to areas that need healing or simply reminded you of what you've been neglecting, know this: you don't have to figure it all out alone.

A wellness retreat offers more than just time away—it offers space to reconnect, tools to realign, and a community that sees you for who you truly are.

Whether you're seeking balance, clarity, or a fresh beginning, we're here to guide you gently, with care and compassion.

Because sometimes, the next step isn't more doing—it's simply choosing a place where you can just be.

Explore our retreats

BOOK NOW





The
BeachHouse
Goa