







Holistic Health For All Progress Form

Commitment level to your desired weight?													
What is your level of pain?													
Commitment level to reduce your pain?													
How depressed are you?													
How well do you sleep?													
How is your memory?													
How is your eye sight?													
How is your hearing?													
How is your breathing?													
How is your digestion?													
What Holistic Health rating (see link below) do you feel you are?													
To determine your Holistic Health rating, go to:													
	<a href="http://www.holistictherapiesinc.com/disease-and-health/ten-phases-of-toxicity/">http://www.holistictherapiesinc.com/disease-and-health/ten-phases-of-toxicity/</a>												
	<b>Month</b>												
<b>Relational</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
How satisfied are you with your relationships?													
Commitment level to creating desired relationships?													
How satisfied are you with your support systems?													
Commitment level to create desired support systems?													
Awareness recognizing +/- aspects of yourself in others?													
	<b>Month</b>												
<b>Economical</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
How financially prosperous do you feel?													
How prosperous do you generally feel in your life?													
	<b>Month</b>												
The following values will be calculated automatically as you fill in the cells above:													
<b>Total by Month</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	

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Symptom Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Spiritual Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Mental Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Emotional Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Physical Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Relational Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
Economical Ratings:	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Total for all categories</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

<b>Rating Scores:</b>
504-560: Congratulations!!
448-504: Very Good, keep growing
336-448: Good, focus on optimal health
280-336: Needs Improvement, commit to Optimal Health now
Under 280: Time to make your health your #1 priority
<b>Holistic Health For All Mission</b>
Spiritually: Experience that in essence you are God, Infinite Love.
Mentally: Live successfully by trusting and following your God Self.
Emotionally: Breath in God's Love. With your out breath, unconditionally love the world.
Physically: Live energized to fulfill your life's mission
In Relationships: Experience oneness with your God Self, humanity and all existence.
Economically: Feel prosperous in all ways and spread kindness.
<b>Journal</b>
Increase your awareness by logging changes in your body and in your life using the open space to the right. Some things to notice:
Spiritually: Notice feeling more connected with "God", more grounded, living as a Soul from your pineal gland, more loved, more knowing your higher purpose, following your higher purpose, following your guidance and dreams.

## Holistic Health For All Progress Form

Mentally: Notice having more positive thoughts, creating your life, living as though you have optimal health on 6 levels, feeling successful, acknowledging your successes all day long

Emotionally: Notice feeling more joy, happiness, peace, less agitation, less moodiness, less worry, being more present

Physically: Notice sensations change such as lighter, less pain, more energy, more flexible, more in your body grounded, notice your symptoms changing. Sometimes a change is that you will be more tired as you are detoxing and integrating changes, this is also a positive sign. Rest, relax, sleep and allow yourself to heal.

In Relationships: Notice being more social, having a support system, being able to receive and to give more, able to be more focused, able to play more, create more, enjoy your life more.

Economically: Notice feeling more prosperous, feeling that you are enough, that you have enough, the you have what you desire now in your life and feeling fulfilled even before it manifests, feeling prosperous with family, friends, home, health, career, fun, recreation, on all levels. Watch for all these changes.