



## Introduction to The Perfect 10 Wellness Programme

In the past few years I've spent thousands of hours as a volunteer, mentoring individuals and their families towards recovery from cancer specifically, and other health challenges. I realised that not everyone is able to grasp the urgency of a serious diagnosis and some people become so overwhelmed and confused, they do nothing to help themselves.

I noticed that the guidance I give to those with or without cancer is very similar. If you have cancer then you REALLY need to focus on my suggestions, whereas if you want to achieve and maintain good health, the guiding principles have less urgency.

The Perfect 10 Wellness Programme has been developed to support different behavioural types and personalities to begin their healing journey in ways that are congruent with their individual behaviour style and personality.

There is no magic bullet for wellness on any level. My belief is that wellness comes from living life in balance across all 10 categories.

Unsurprisingly, there are 10 components to The Perfect 10 Wellness Programme. It's all about living life in balance and knowing where you need to pull your socks up. Give yourself a score on the dart board for each section, and then consider how you can improve your overall life balance. You are aiming for a Perfect 10 in each category. I am always working on my own Perfect 10 life balance. When I feel everything is perfect, then life kicks in and something goes out of whack. Please do let me know if you've already achieved your own Perfect 10 score or would like to work with me as your Mentor.

### **Behaviour**

How well do you know yourself? How often do you work against your strengths and put yourself in situations that don't serve you?



### **Attitude**

Are you a positive or negative person? Are you action orientated, or do you sit and wallow in self-pity?

### **Beliefs**

Are the beliefs you live your life by, your own or are you acting out someone else's beliefs in your life?

### **Values**

What values are important to you? Are you living life authentically? Do you say one thing and do another? How do your personal values drive you daily? Do you even know what values are and how they affect life?

### **Mind**

What is in your conscious and unconscious mind will determine how successful you are in life and will also affect your level of health and wellbeing. How does your mind help or hinder you?

### **Body**

How we treat our body is crucial to optimise our personal health and wellbeing. Do you eat a balanced nutritional diet? Do you exercise? When did you last detox your body or have a health MOT?

### **Work**

Do you enjoy your work? How would you score yourself on the stress scale at work? Do you feel successful and gain enjoyment from your occupation?

### **Home**

Is your home a happy, healthy environment, or is it cluttered, toxic and unhappy?



### **Friends**

Do you have true friends or perhaps the people you know are more like acquaintances?  
How well do you feel supported by your friends? Are they rooting for you, or do you dread it when their name pops up on your mobile?

### **Family**

Do you have a family that is nurturing and supportive, or are some of them toxic and tell you how you should be living your life?

**SCORE** yourself on the chart below and notice where the shortcomings are in your life. Consider how you might gain a better balance and contact me if you need any help. You will find various documents, video and podcast links as well as handouts and exercises in the programme and health hub which is continually being added to. How you score yourself is up to you. Think about each section considering my guidance in the sections above. 0 is a poor score and 10 is optimal.

### **NEXT STEPS**

You may want to fix the area where you have the lowest score first, or you may decide there is an easier area to tackle which will give you a quick win. Wherever you start, the buck stops with you to take responsibility for correcting the balance.

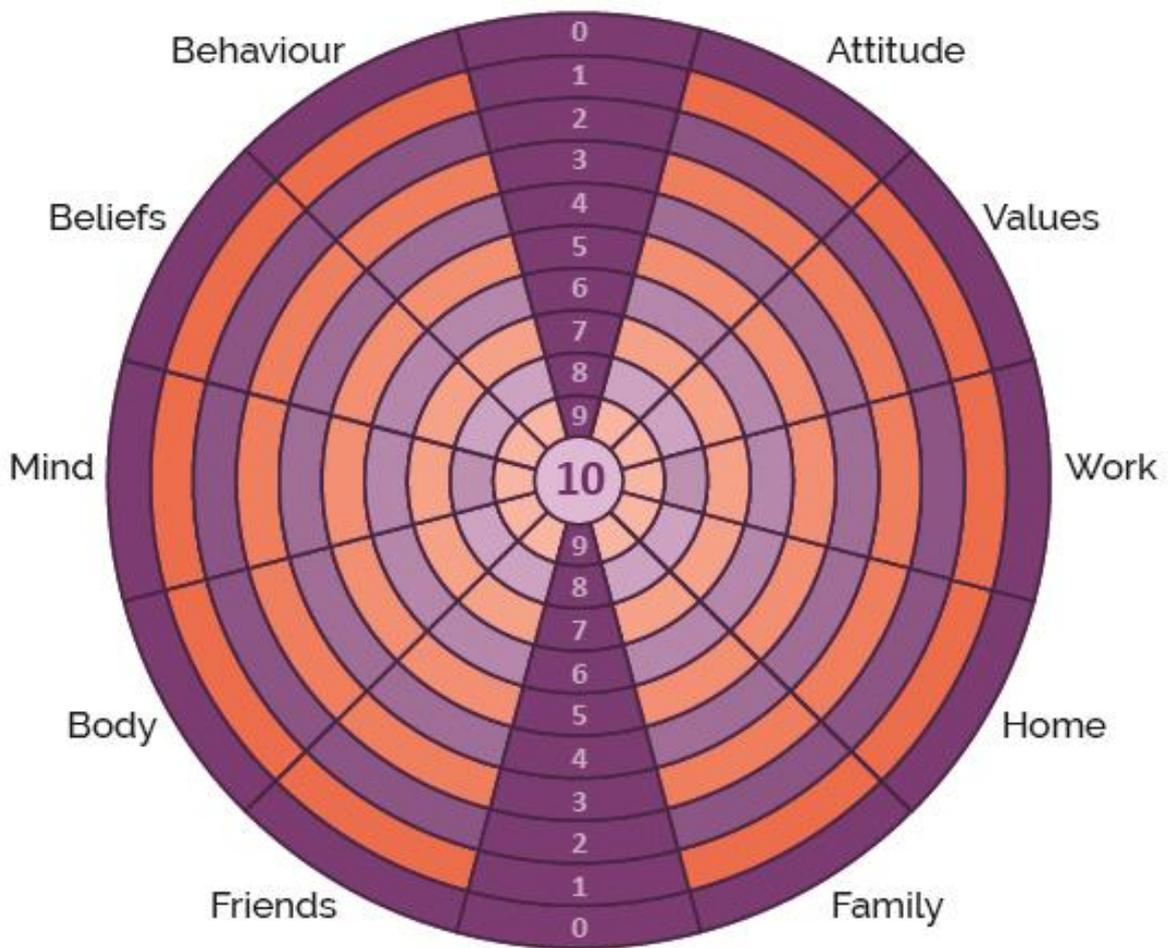
I recommend you firstly complete the short form DISC analysis to establish your behaviour pattern. If you prefer a more detailed look at your behaviours and receive a detailed analysis report which I will go through with you, please email me or select your chosen



service from the services menu at [www.perfect-health.co.uk](http://www.perfect-health.co.uk). More information on profiling can be found at <https://www.themindsetmentor.co.uk/>



## The Perfect 10 Wellness Programme Self-Assessment



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