

Body & Self Assessment with Sarah Marie

Your Systems Check list

Stand or sit, as you guide your body into alignment

1

- ✦ Feet planted (shoulder width apart)
- ✦ Knees forward
- ✦ Hips balanced (as best as your body can)
- ✦ Back straight
- ✦ Shoulders back and dropped
- ✦ Neck straight
- ✦ Head up
- ✦ Eyes forward

2

Invite the Holy Spirit into this space of your wellness check-in. You are welcoming God's perspective into what your physical body requires right now. This space is safe. Jesus has walked these paths, illuminated them and made them straight. You are loved, you are already accepted, shame is not welcome here. You are not alone.

3

Now take three deep breaths, drop your shoulders and ask your body these three questions using the awareness scale at the bottom of this page:

A. Where on my body am I noticing pain?

Pause, pray, name it aloud and give it a number _____

B. Where in my body am I feeling discomfort?

Pause, pray, name it aloud and give it a number _____

C. Where around my body am I sensing stimuli?

Pause, pray, name it aloud and give it a number _____

4



Begin your own Systems Check tracking journal! You are your own very best and trusted advocate. **Talk to God** and track even the small things. Go through these four steps in the mornings and evenings. **Notice** your body and what it tells you.

If you have any questions about any part of this assessment please reach out to me via email:
SarahMarie@SensitiveandStrong.com

Awareness of pain, discomfort and stimuli assists in good communication

0	1-3	4-5	6-7	8-9	10
No Pain	Mild Pain	Moderate Pain	Severe Pain	Very Severe Pain	Worst Possible Pain
Discomfort	Discomfort	Discomfort	Discomfort	Discomfort	Discomfort
	Stimuli	Stimuli	Stimuli	Stimuli	Stimuli
	Bothersome	Aggravating	Miserable	Dreadful	Unbearable
	Irritating	Upsetting	Fierce	Horrible	Crushing
	Annoying	Grueling	Gnawing	Overwhelming	Devastating
	Nagging	Frustrating	Piercing	Agonizing	Excruciating

This scale is inspired by a wellness journey and chart from Dr. Dearborn's medical office in Fremont, CA in 2022.