



Ayurvedic & Mindfulness
Coaching



Your BALANCE CHECK-UP has
25 questions that should take
you 5 min to answer!



Your Balance Check-up Questionnaire



Q1. What is your skin type?

- Dry
- Oily
- Neither dry nor Oily / Combination of both

Q2. How would you describe your hair?

- Dry
- Oily
- Neither dry nor Oily / Combination of both



Q3. How would you describe your teeth?

- Crooked
- Yellowish
- White & Strong

Q4. How would you describe your appetite?

- I am hungry often, but I can eat small quantities
- I am hungry at regular times and I eat fast and medium quantities
- I can skip a meal, but I can also overeat

Q5. What food tastes do you prefer the most?

- Salty
- With lots of spices or flavors
- Sweet



Q6. How is your digestion or poop 😊 ?

- Tendency to get constipated
- Very regular (I poop at the same time of day), could be loose at times
- Slow and irregular (I poop regularly but whenever it could be at different times of the day)



Your Balance Check-up Questionnaire



Q7. How physically active do you consider yourself?

- I am a super active bunny rabbit
- Well I am moderately active 😊
- Uhhh, I would love to chill on a couch longer :P

Q8. How is your emotional temperament?

- I have the tendency to get anxious, fearful and overwhelmed
- I have the tendency to get heated up, or irritated
- I am generally calm, but I also get attached to things, places & people



Q9. How would you describe your memory?

- Short Term Memory is good
- Both Short Term and Long-Term Memory are great
- Short Term is not the best, but Long Term is great

Q10. How are you with beliefs?

- I can vary in my beliefs or opinions
- I am quite stuck on my beliefs and principles and do not change easily
- I am steady in my beliefs but not too stuck. Over time I could change

Q11. How are your sleeping patterns?

- I am a light sleeper. Sometimes I have trouble falling asleep but little sleep is ok for me
- I have no issues falling asleep, I can sleep little but I sleep deep
- I love to sleep long hours and I am not the most active in the morning

Q12. What type of dreams do you generally get?

- Flying or falling
- Angry or Violent
- Just random scenes of daily life, or dreams related to love or water
- I do not dream or do not remember my dreams ever



Your Balance Check-up Questionnaire



Q13. What time do you generally wake up?

- 4-6 am
- 6-8 am
- After 8

Q14. What time do you generally go to bed?

- Before 10 pm
- 10 pm – 12 am
- 12am – 2am
- After 2 am



Q15. Which of these do you most commonly suffer from?

- Headaches or stress related pains
- Diarrhea
- Phlegm, common colds, allergies
- None of the above

Q16. How would you describe your behaviour with your family?

- Calm composed, cheerful
- Moody
- Mostly irritated or dull

Q17. Colours that you prefer in your clothes

- Light, white or pastel colours
- Bright, patterns, funky, red, orange
- Dark shades

Q18. How charitable are you?

- I am always looking to do charity
- I will occasionally support the causes I feel right
- I rarely do charity (maybe I should do more)



Your Balance Check-up Questionnaire



Q19. How do you think you love?

- Universal – I love all people
- I love mainly my close family, friends and myself
- I hardly truly love anyone except myself

Q20. How easily do you forgive?

- Easily
- Need to make an effort to forgive
- Cant forgive easily



Q21. Cleanliness and tidiness

- My room / home is always clean and tidy
- My room / home is sometimes out of place
- Mostly messy !

Q22 What do you dwell in most of the time

- In the present or today's tasks / problems
- In the future – thinking about the result / future goals / dreams etc
- In the past – reminiscing / regretting / thinking about past memories

Q23. How do you feel when faced with a problem/challenging situation

- I am calm and resourceful. I will try to restore balance and harmony
- I want to improve and fix. I will try to solve the problem.
- I tend to get into victim mentality , stress or avoid confrontation

Q24. What music do you mostly like listening to

- Soothing
- Upbeat and groovy
- Sad



Q25. What is your life motto

- Accept and go with the flow
- Strive to accede, do more and achieve more
- Ignorance is bliss!





THANK YOU FOR
ANSWERING!



Please do not forget to send the
questionnaire back to me with your
answers :) so i can prepare your
Balance Report - Yamini

