



The Brief Holistic Wellness Questionnaire

A SHORT WHOLE-PERSON REFLECTION
TOOL

By Emma Donovan, LPC, BCHN

The Brief Holistic Wellness Questionnaire©

This is a short version of the **Holistic Wellness Questionnaire**. It helps you reflect on your wellness in 10 important domains of life. It is a brief check-in that helps you step back and notice the bigger picture.

It only takes a few minutes to complete and gives you a quick snapshot of how you're doing in each area. From there, you can see where you feel strong and identify areas where you might want to grow.

If you want to go deeper, you can then move on to the full version, which looks more closely at each domain.

When you're ready, move forward to the next page to begin your brief reflection. You can return to the BHWQ at any time to check in with yourself.



The BHWQ

Please rate your overall wellness from 1-5.

1 = rarely/never • 2 = sometimes • 3 = about half the time • 4 = often • 5 = consistently

Estimated to complete: less than 5 minutes.

	1	2	3	4	5
Emotions & Nervous System Resilience: I am aware of my emotions and needs, can regulate them in healthy ways, and usually return to balance after stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychological Wellbeing: I feel true to myself, empowered, open to growth, and able to integrate different parts of who I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Wellbeing: I feel supported, connected, and able to express myself in my relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep & Restoration: I get enough sleep and rest to restore my energy and generally avoid feeling depleted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vocational Wellbeing: My work reflects who I am, supports balance, and helps me grow while making a positive impact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The BHWQ

	1	2	3	4	5
Financial Wellbeing: I feel financially secure, able to meet my needs and goals, and spend in a balanced way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutritional Wellbeing: I regularly eat a variety of whole, nourishing foods that support my health and give me energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement & Exercise: I engage in regular physical activity through exercise or daily activity that supports my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Wellbeing: My daily environment supports my health and well-being.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spiritual Wellbeing: I feel connected to a sense of meaning, purpose, or something greater than myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How motivated are you to make change in this area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please rank the top 3 domains that you feel most motivated to change. If you'd like to explore these areas more deeply, the full [Holistic Wellness Questionnaire](#) is available as an extended 100+ question reflection tool.

Thank You

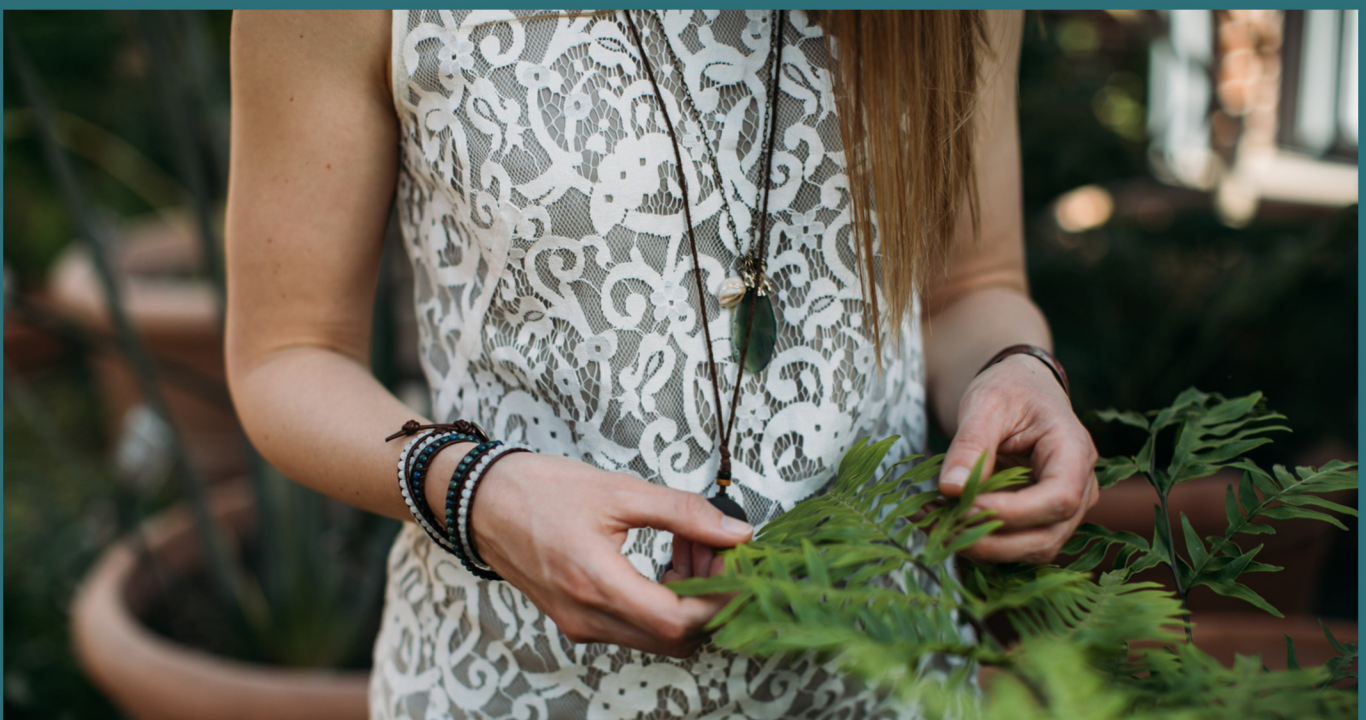
Thank you for investing in your wellbeing and taking the time to complete the BHWQ. A brief check-in like this can help you see the big picture of your life and help you identify areas where you most want to grow.

The BHWQ is the first step in a broader journey of understanding how your emotional, physical, relational, and spiritual systems interact. If you'd like a much deeper dive into your holistic wellbeing, I offer individualized sessions that provide expanded clarity, insight, and integration. Together, we can explore the underlying patterns shaping your wellbeing, identify root contributors, and determine the most effective place to begin meaningful change.

If you're feeling called to go deeper but aren't ready for 1:1 work, the full Holistic Wellness Questionnaire is available for self-use. This extended 100+ question assessment offers a far more complete map across ten domains, helping you see patterns and root causes that may not be obvious through the brief version. If you'd like to take the next step, you can use the links below.

[Request a Consultation](#)

[Purchase the Full HWQ](#)



About Emma Donovan, LPC, BCHN



Emma Donovan, LPC, BCHN, is a holistic therapist and integrative wellness practitioner who blends psychotherapy, functional nutrition, mind-body practices, and spiritual care into a unified, whole-person approach. She knows that emotional, physical, relational, and spiritual health are deeply interconnected.

She is an ordained Spiritual Counselor, Applied Shamanic Counselor, Depth Hypnosis Practitioner, TRE Provider, Functional Nutritionist, and level 3 trained IFS therapist. Emma draws on these disciplines to help clients heal, transform, and grow.

She helps individuals understand the larger forces shaping their wellbeing through her transdisciplinary background. Her approach supports clients in cultivating resilience, alignment, and meaningful personal growth.

Her full 100+ question HWQ reflects more than a decade of study and practice. Emma created it to help people see the broader patterns influencing their wellness and to offer a clear starting point for reflection and change. Learn more [here](#).

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