



## Mind-Body-Spirit Practice Checklist for Practitioners

Use this checklist to tailor your recommendations to each client's unique needs, motivations, culture, and spiritual orientation.

### 1. Client's Core Goals

- Are they seeking to calm overstimulation or stress?
- Do they need more energy or motivation to take action?
- Are they looking for deeper insight or self-awareness?

### 2. Preferred Mode of Centering

- Do they respond better to quieting and stillness (e.g., mindfulness, breathing)?
- Or are they more energized by activating practices (e.g., music, movement, prayer, purpose-driven action)?

### 3. Self-Management Style

- Do they manage themselves by controlling thoughts and behaviors?
- Or by releasing control, seeking union with something greater (e.g., nature, God, beauty)?

### 4. Cultural and Religious Influences

- How might their cultural or religious background shape preferences or resistance to certain practices?
- Are they from a tradition that values self-mastery (e.g., Christian, Jewish) or letting go of self (e.g., Buddhist)?
- Do they value outward expressions of faith (e.g., clothing, rituals)?

### 5. Transformation, Traits, and Readiness

- What kind of personal transformation are they seeking?
- What traits (e.g., conscientiousness, spiritual yearning, emotional expression) do they show?
- Do they prefer to talk through emotions, or focus on the present moment?

### 6. Obstacles to Well-being

- Do they struggle to:
  - - Organize their thoughts/life?
  - - Adapt to change?
  - - Persist through difficulty?
  - - Find meaning and purpose?



## 7. Meaning and Motivation

- What do they long for or grieve?
  - What do they strive for?
  - How would you verbalize what gives their life meaning or purpose?
- ✓ Tip: Clients respond best to mind-body practices they are familiar with and that they choose themselves. This builds trust, motivation, and long-term engagement.