



KLF KNOWLEDGE SYSTEM
HEALTH & WELLNESS LIBRARY
HW-001

PERSONAL WELLNESS ASSESSMENT FRAMEWORK

Before You Change Anything, Know Where You Stand

Version 1.0 • Available Now

Awareness Before Action.

Stewarding Spirit. Body. Wealth.
Eat To Live Forever

KINGDOM LIFE FITNESS
Personal Wellness Assessment Framework

HW-001 · Version 1.0

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CHAPTER 1

WHY ASSESSMENT COMES FIRST

Every other publication in the Health & Wellness Library will ask you to do something — follow a protocol, track a habit, learn a principle. This one does not. It asks you to look honestly at where you actually stand before anything is prescribed.

This mirrors a pattern already established elsewhere in the KLF Knowledge System: a financial plan means little without first knowing your numbers; a digital asset decision means little without first understanding what you're holding. The same is true here — a protocol followed without self-awareness is just another routine, not a transformation.

IN PLAIN LANGUAGE

You can't steward what you haven't first assessed. This framework exists to answer one question honestly: where am I today?



CHAPTER 2

THE THREE DOMAINS

The Health & Wellness Library's stated transformation is to steward your mind, body, and spirit through intentional daily habits. This framework assesses all three — not because they are separate concerns, but because a habit built in one domain while another is ignored rarely holds.

Domain	What It Covers
Mind	Mental clarity, stress load, focus, and the thought patterns that drive daily decisions.
Body	Energy, sleep, movement, and the physical habits that either build or drain capacity.
Spirit	Purpose, discipline, and the sense of direction that gives daily choices meaning.

IN PLAIN LANGUAGE

A body that's disciplined but a mind that's scattered still isn't stewardship. This framework treats all three as connected, not ranked.



CHAPTER 3

MIND ASSESSMENT

Read each statement. Check it honestly if it currently describes you — not how you'd like to be.

- I usually feel mentally clear by mid-morning, not foggy or reactive.
- I have a way to process stress that doesn't involve avoiding it.
- I can focus on one task for a meaningful stretch without constant distraction.
- I know what's actually driving my stress right now, rather than a vague sense of being overwhelmed.
- I make most daily decisions intentionally, not on autopilot.

In your own words: what is the state of your mind right now?



CHAPTER 4

BODY ASSESSMENT

Read each statement. Check it honestly if it currently describes you.

- I wake up with usable energy most days, not needing stimulants to function.
- My sleep is generally consistent in timing and restorative in quality.
- I move my body deliberately most days, beyond incidental daily activity.
- I eat in a way that supports steady energy, not frequent spikes and crashes.
- I would describe my current physical state as building capacity, not depleting it.

In your own words: what is the state of your body right now?



CHAPTER 5

SPIRIT ASSESSMENT

Read each statement. Check it honestly if it currently describes you.

- I have a clear sense of why my daily habits matter, beyond just feeling better.
- I follow through on commitments to myself with roughly the same discipline I show others.
- I have space in my week for reflection, not just execution.
- My daily choices generally reflect what I say I value.
- I feel a sense of direction, not just a list of things to get through.

In your own words: what is the state of your spirit right now?



CHAPTER 6

IDENTIFYING YOUR PRIORITY

Look back across all three domains. You likely checked more statements in one domain than the others — or felt more resistance writing about one than the rest. That resistance is informative. It often points to exactly where attention is needed most.

This framework does not rank Mind, Body, and Spirit against each other as more or less important. It asks you to identify which one needs your attention first, right now — not forever.

My priority domain right now is:

☐ Mind ☐ Body ☐ Spirit

Why this one, specifically:

IN PLAIN LANGUAGE

Choosing a priority is not the same as ignoring the other two. It's an honest admission that you can build real momentum in one place faster than trying to fix everything at once.



CHAPTER 7

YOUR WELLNESS DECISION MEMO

Documenting a decision before acting on it is a discipline used throughout the KLF Knowledge System — in financial decisions, in digital asset evaluation, and now here. Write this down. Come back to it in 30 days.

Where I stand today (one honest sentence):

The one habit I'm building next:

How I'll know it's working in 30 days:



KLF PRINCIPLES

AWARENESS BEFORE ACTION

- Stewardship begins with honest assessment, not immediate action.
- A habit built without self-awareness is a routine, not a transformation.
- Mind, Body, and Spirit are connected — progress in one without attention to the others rarely holds.
- Choosing a priority is not neglecting the rest. It's how real change actually starts.
- Return to this assessment periodically. Where you stand today is not where you'll stand in a season.



APPENDIX

ABOUT THIS FRAMEWORK

This framework was produced by Kingdom Life Fitness for educational and self-reflection purposes only. It does not constitute medical or mental health advice, diagnosis, or treatment. Kingdom Life Fitness is not a licensed medical or mental health provider. This self-assessment is a reflective tool, not a clinical instrument — it does not measure, score, or diagnose any condition. If you are experiencing significant physical or mental health concerns, consult a qualified professional rather than relying on this framework alone. The kingdom principle is stewardship — build awareness before you build habits.



KNOWLEDGE SYSTEM

Continue Building Your Awareness Into Action

KLF KNOWLEDGE SYSTEM

NEXT RECOMMENDED MODULES

After completing HW-001: Personal Wellness Assessment Framework, continue with:

HW-002 — Clean Energy Protocol

HW-003 — Clean Energy Companion Workbook

KLF KNOWLEDGE SYSTEM

THE HEALTH & WELLNESS LIBRARY

AWARENESS

HW-001 **Personal Wellness Assessment Framework**
— you are here

Available Now

DISCIPLINE

HW-002 Clean Energy Protocol

Available Now

HW-003 Clean Energy Companion Workbook

Coming Soon

HW-004 Nutrition Fundamentals

Coming Soon

HW-005 Fasting Guide

Coming Soon

HW-006 Whole Foods & Ingredients Guide

Coming Soon

HW-007 Movement & Recovery

Coming Soon

CONSISTENCY

HW-008 Building a Sustainable Healthy Lifestyle

Coming Soon



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