

Inner Strength - Outer Strength

OUTER STRENGTH - ASSESSMENT

To better understand your own Outer Strength, and to explore opportunities and practices to develop it, please answer the questions below using the following scale:

1	2	3	4	5
Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree

I can move quickly if needed, without risk of injury. (P)

I regularly exercise vigorously for 30 minutes or more. (E)

I breathe easily. (B)

I practice explosive movements such as sprinting, jumping or powerlifting. (P)

I often practice deep breathing. (B)

I regularly exert myself physically. (S)

I am stronger than most people my age. (S)

I regularly play competitive sports. (P)

I move my body in a diversity of ways. (M)

I feel strong. (S)

I could easily run 5 kilometres without stopping. (E)

I feel powerful in my body. (P)

I don't tire easily. (E)

I am happy with how my body looks. (S)

My heart and lungs are healthy and vibrant. (B)

I regularly move my body through wide ranges of motion. (M)

I can touch my toes with straight legs easily. (M)

I count my steps or do other things to increase my total movement each day. (E)

I rarely lose my breath. (B)

I don't sit still for very long. (M)

Please add up your Assessment Total Score in the box on the right:

Please add up the score for S, M, P, E and B in the respective boxes below:

(S) Muscular Strength	(M) Mobility	(P) Power	(E) Endurance	(B) Breath
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If you scored 80-100, you are **SuperStrong**. Congratulations on living a lifestyle that keeps you strong and healthy. Naturally, there still may be certain areas that you are stronger than others and it might be worthwhile to consider any weak spots that might be worth addressing. But overall, you are doing great! Well done!

If you scored 60-80, you are **Strong**. You have some areas of robust strength, but other areas that might need some improvement. It is good to consider how you can use and maintain the strengths that you have, and how you can focus more on areas of strength that may need further development.

If you scored below 60, you are **Strength in Progress**. You have developed some strengths in certain areas, but there may be many areas in need of further development. You should consider setting goals and actively working towards improving your strengths in some areas.

The Outer Strength Assessment measures across these areas:

- Muscular Strength (S)
- Mobility (M)
- Power (P)
- Endurance (E)
- Breath (B)

If you scored high in a particular area, you should feel good about how you have managed to incorporate this strength as a part of your lifestyle. You should strive to use that strength on a regular basis in order to maintain it and to maximize the benefit this strength brings to your life.

If you scored low in a particular area, this might be an area to focus on developing. Often, we get the most benefit by practicing or exercising the areas where we are weakest (even though this is also where we are the most uncomfortable and vulnerable.) Experiment with new practices that might help to strengthen these areas. The Spas at Mandarin Oriental have a variety of tips, services and treatments that can be of assistance.



Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.