



CAPE TOWN  
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## USUI REIKI CASE STUDY ASSESSMENT

By Charmaine Haig, Reiki Master

### PRE & POST REIKI SESSION WELLNESS DATA SCALES

UPON CONSULTATION/ END OF REIKI SESSION

**NB:** I will not look at this sheet until it has been completed post reiki session(s) and only when writing up case studies & conclusion.

**NAME/ Case Study No:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### PRE – REIKI SESSION (S)

On a scale of 1 to 10 (1 is very bad, 5 is being ok, 10 is being very good)

Please describe by circling number:

#### OFFICE NOTES

How are your current energy levels?	1 2 3 4 5 6 7 8 9 10
What is your level of happiness/ outlook on life?	1 2 3 4 5 6 7 8 9 10
How is your emotional wellness?	1 2 3 4 5 6 7 8 9 10
What are your current stress levels in daily life?	1 2 3 4 5 6 7 8 9 10
How well are you coping with this stress?	1 2 3 4 5 6 7 8 9 10
What is your level of physical pain (if any)?	1 2 3 4 5 6 7 8 9 10
How is your sleep?	1 2 3 4 5 6 7 8 9 10
How is your diet?	1 2 3 4 5 6 7 8 9 10
How is your exercise regime?	1 2 3 4 5 6 7 8 9 10
How do you feel about your past?	1 2 3 4 5 6 7 8 9 10
How do you feel about your present situation?	1 2 3 4 5 6 7 8 9 10
How do you feel about your future?	1 2 3 4 5 6 7 8 9 10
How is your self-esteem?	1 2 3 4 5 6 7 8 9 10
How open is your heart?	1 2 3 4 5 6 7 8 9 10
How satisfied with life are you?	1 2 3 4 5 6 7 8 9 10
What is your level of fun in your life?	1 2 3 4 5 6 7 8 9 10
How is your discipline for taking time out for yourself?	1 2 3 4 5 6 7 8 9 10
How overwhelmed, busy or cluttered do you feel?	1 2 3 4 5 6 7 8 9 10
Are you feeling lonely? (1 = Very Much & 10 = Not at all)	1 2 3 4 5 6 7 8 9 10
How is your work satisfaction?	1 2 3 4 5 6 7 8 9 10
What is your feeling around your finances?	1 2 3 4 5 6 7 8 9 10

How are your relationships?

- Socially	1 2 3 4 5 6 7 8 9 10
- at work	1 2 3 4 5 6 7 8 9 10
- with family	1 2 3 4 5 6 7 8 9 10

In one sentence: Pls state why you are here today:

I have volunteered the above information anonymously to be used in data assessment towards Charmaine Haig's Case studies and any accredited associations she is party to. **SIGNED:**

**FACILITATOR CONCLUSION/ NOTES:**