



1. What is your level of Physical Activity on a daily basis?

2. How much medicine are you taking?

3. Are you taking supplements at random or for a purpose?

a.) If taking supplements, do you know the quality and for what benefit?

4. Is your environment free of toxins?

5. Do you know what toxins to avoid?

6. Are you cognizant of your breathing?

7. Do you incorporate healing practices such as meditation, yoga, quietness?

8. Do you put time and thought into what you are drinking and eating and why?



9. Do you mindfully eat? Portion control?

10. Quality of Sleep?

11. Overall happiness: What is your overall mental and emotional health?

12. What is the quality of connections to family and friends?

13. What is your ability to face your fears and move on? What's holding you back?

14. How is your mindset? half-full or half-empty?



Obstacles -- Self-Sabotaging actions, thoughts, behaviors

What do you feel are the obstacles or your potential actions, behaviors or activities that could impede your progress towards accomplishing your healthy lifestyle goals

Think of three methods that you plan to use to overcome these obstacles:

1.

2.

3.

Answer honestly so you have a starting point to develop additional strengths and work on areas of improvement.

This is based off the online training course provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-healthy-u-2015>

If you are serious about creating lasting change in your health and want to reach your optimal healthy lifestyle, then Take charge today! After registering for the *Nine Steps to Healthy Living* online course, then you can watch her video there to fully utilize and leverage this worksheet. Start today at: <http://nancyguberti.com/nine-steps-healthy-u-2015>