



# Nine Steps To Healthy Lifestyle

## **Healthy Lifestyle Checklist/Questionnaire**

Get more acquainted with your current health and lifestyle as you answer the questions. See everything more clearly. It takes writing down answers and going through the exercises to become aware of your current lifestyle. This is all about YOU reaching your optimal lifestyle and your goals.

What are you top **three health goals**?

- 1.
- 2.
- 3.

How would you **rate your lifestyle**? HEALTHY UNHEALTHY  
SOMEWHERE-IN-BETWEEN NOT SURE



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

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2. How much **medicine** are you taking?

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

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

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4. Is your environment free of **toxins**?

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5. Do you know what toxins to **avoid**?

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6. Are you cognizant of your **breathing**?

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

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

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9. Do you **mindfully** eat? **Portion control**?

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10. Quality of **Sleep**?

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

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

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

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

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**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**

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

1. 

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2. 

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3. 

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

**Added bonus: ;)**

*Once completed, send me a copy and I'll give you feedback for DIY tips to improve your lifestyle today.*



This is based on comprehensive training provided by Nancy Guberti at <http://nancyguberti.com/nine-steps-health-univ/>

**After registering for the training course** then you can **schedule** your **FREE 30 minute initial session with Nancy.**

You will receive the calendar availability to schedule your **call/Skype** with Nancy right before you receive Step 1.

**After 9 weeks, remember to schedule your next FREE 30 minute call/Skype** with Nancy to review your progress and position you for continued success living a healthier lifestyle!

*(**WOW**, the two 30 minute calls are worth **\$400...grab the savings now before it goes away!**)*