



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.

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 online course then you can **schedule** your **FREE 30 minute session with Nancy.**

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