

ARE YOU SUFFERING FROM AN IMBALANCED MIND + BODY CONNECTION?

I feel overwhelmed and stressed.

1 2 3 4 5
Disagree Neutral Agree

I have trouble sleeping or experience insomnia.

1 2 3 4 5
Disagree Neutral Agree

I feel anxious and worried.

1 2 3 4 5
Disagree Neutral Agree

I experience mood swings and irritability.

1 2 3 4 5
Disagree Neutral Agree

I have difficulty staying focused.

1 2 3 4 5
Disagree Neutral Agree

I experience persistent feelings of sadness and hopelessness.

1 2 3 4 5
Disagree Neutral Agree

I experience memory issues.

1 2 3 4 5
Disagree Neutral Agree

I experience persistent fatigue.

1 2 3 4 5
Disagree Neutral Agree

I experience frequent headaches or migraines.

1 2 3 4 5
Disagree Neutral Agree

I have digestive issues or experience frequent stomach problems.

1 2 3 4 5
Disagree Neutral Agree

I experience persistent pain, such as back pain or joint pain.

1 2 3 4 5
Disagree Neutral Agree

I frequently get sick or have a weakened immune system.

1 2 3 4 5
Disagree Neutral Agree

I have difficulty maintaining a healthy weight or experience issues with a slow metabolism.

1 2 3 4 5
Disagree Neutral Agree

I experience bloating or occasional gut issues.

1 2 3 4 5
Disagree Neutral Agree

OPTIMIZED MIND AND BODY CONNECTION

ADD UP YOUR SCORE AND CIRCLE THE TOTAL BELOW.

