

THE SURVEY WORKSHEET

Below is a list of thoughts that linger in many people's minds. Rate your level of belief in each statement from 1 = Don't Identify to 10 = Strongly Identify. Don't think too hard on your response; simply write a number that relates to your first gut reaction.

HEALTH

1 2 3 4 5 6 7 8 9 10

I should exercise more.

Eating a healthy diet takes too much work.

Meditation makes me anxious.

I'm a night owl.

Eating healthy food is no fun.

My body's lack of fitness means that I'm a failure.

I'm not a disciplined person.

I can't stop myself from eating too much.

My body should be healthier.

It comes easier for others than it does for me.

I don't need more than 6 hours of sleep a night.

Healthy food is too expensive.

I'll worry about diet or exercise when I'm older.

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1 2 3 4 5 6 7 8 9 10

I should stop eating junk food.

It's hard for someone my age to exercise.

If I go to bed when I'm tired, I'll miss out on all the fun.

Any illness I have is a punishment from G-d.

My body is too weak/slow.

I don't know how to prepare healthy food.

I need to eat/drink/smoke to calm down.

I'm too out of shape to start an exercise regimen

I don't follow through on what I start.

I have a hard time getting out of bed.

Being healthy should be easy.

I should eat less.

I couldn't cope without my comfort foods.

Change is hard.

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I need coffee to get me through the day.

Diseases like diabetes, cancer, and heart disease come with age.

It's just too hard to get to the gym.

I should eat healthier.

I can't afford a gym membership.

I should stop drinking/smoking/doing drugs.

I'm not the type who can exercise every day.

Every time I start a new diet/exercise regimen, I quit soon after.

My health is not affected by what I eat.

In an exercise class, I constantly compare my performance to others'.

I don't have time to eat healthy or exercise.

I'm just not a breakfast person.

I don't have a vision for what I want my health
& wellness picture to look like.

How'd it go? Did you find beliefs you didn't realize have been lurking in your closet?
You know what to do. Inquire. Inquire. Inquire. Find peace through the art of asking questions.

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