

Self Evaluation Worksheet

Most of us think being healthy is not having any disease. Evaluating yourself on these parameters will help you identify the exact stage of your health.

Once you identify your current stage of health, you can make necessary changes to put your Health On AutoPilot.

Stages of Health On AutoPilot



Stage 0 - AutoPilot

If none of the points mentioned in stages 1, 2 and 3 apply to you, then...

**Congratulations!!!
Your Health is On Autopilot.**

Start the Self Evaluation



Stage 1 - No Symptoms

In this stage, you may not have any symptoms but your body is unhealthy due to these habits or mindsets. Having any of them puts you in stage 1.

If you continue to stay in this stage, you are slowly and automatically moving towards illness every day.

- ☐ 1) Habit of sleeping late at night.
- ☐ 2) Sitting for 8-10 hours a day, lack of physical activity & sports.
- ☐ 3) Craving outside foods, processed and sugary foods.
- ☐ 4) No proper breakfast or skip it or eat heavy dinners.
- ☐ 5) Drinking less than 9 glasses of water in a day.
- ☐ 6) Habit of emotional/stress-eating OR fast eating OR overeating.
- ☐ 7) Fear of something – water, heights, public speaking etc.
- ☐ 8) I have a habit of overthinking or negative thinking.
- ☐ 9) I suppress my feelings/ expressions or feel bad very easily.
- ☐ 10) I cannot easily forgive or ask for forgiveness.
- ☐ 11) I don't enjoy my work/home/study environment.
- ☐ 12) I am in a toxic relationship or bad company.

Having any one of the above parameters puts you at a higher risk of moving towards stages 2 & 3 automatically. Many people stay in this stage and then suddenly slip directly into stage 3.

Stage 2 - Symptom with No disease

Having any one of the below parameters puts you in **stage 2**. Which is also a state of false wellness. You don't have any disease, but you think you are healthy in spite of having the below symptoms.

- ☐ 1) Getting tired easily or forgetfulness.
- ☐ 2) Frequent anger, irritation, and mood swings.
- ☐ 3) Unable to sleep easily OR snoring issues.
- ☐ 4) I can fall asleep in less than 5 mins anywhere anytime.
- ☐ 5) Obesity and weight issues.
- ☐ 6) Frequent doctor visits - pains/cold/coughs.
- ☐ 7) Headaches, indigestion, constipation, acidity.
- ☐ 8) Habit of multitasking or struggle to focus or mindless scrolling
- ☐ 9) Always busy, anxious, stressed, and taking tension.
- ☐ 10) Fear of imaginary illness or a feeling something is not well.
- ☐ 11) A feeling of loneliness and not being loved.
- ☐ 12) I lack enthusiasm for living life (feeling lazy).

If you ignore any of the above symptoms and do not address them on time, they can progress into mild or chronic life-threatening illness, which is stage 3.

Stage 3 - Disease Stage

Stage of having an active lifestyle disease.

- ☐ 1) Diagnosed with a lifestyle disease (physical or mental).
- ☐ 2) Dependency on medicines or supplements on daily basis.
- ☐ 3) History of past trauma or abuse.
- ☐ 4) Addicted to alcohol, tobacco, smoking, vaping or other drugs.

The aim of Health On Autopilot is to help you move from **stage 1 or 2** towards **stage 0** and help you stay healthy effortlessly! Because people automatically slip into stage 3 if they do not make necessary lifestyle and mindset changes.

If you are in **stage 3** and are willing to make changes, you can also move slowly towards **stage 0**. (timeline can vary from 3 months to 1 year)

STAGE 0

☐ **Health On Autopilot**

STAGE 1

- ☐ 1) Habit of sleeping late at night.
- ☐ 2) Sitting for 8-10 hours a day, lack of physical activity & sports.
- ☐ 3) Craving outside foods, processed and sugary foods.
- ☐ 4) No proper breakfast or skip it or eat heavy dinners.
- ☐ 5) Drinking less than 9 glasses of water in a day.
- ☐ 6) Habit of emotional/stress-eating OR fast eating OR overeating.
- ☐ 7) Fear of something – water, heights, public speaking etc.
- ☐ 8) I have a habit of overthinking or negative thinking.
- ☐ 9) I suppress my feelings/ expressions or feel bad very easily.
- ☐ 10) I cannot easily forgive or ask for forgiveness.
- ☐ 11) I don't enjoy my work/home/study environment.
- ☐ 12) I am in a toxic relationship or bad company.

STAGE 2

- ☐ 1) Getting tired easily or forgetfulness.
- ☐ 2) Anger, irritation, mood swings.
- ☐ 3) Unable to sleep easily OR snoring issues.
- ☐ 4) I can fall asleep in less than 5 mins anywhere anytime.
- ☐ 5) Obesity and weight issues.
- ☐ 6) Frequent doctor visits - pains/cold/coughs.
- ☐ 7) Headaches, indigestion, constipation, acidity.
- ☐ 8) Habit of multitasking or struggling to focus or mindless scrolling.
- ☐ 9) Always busy, anxious, stressed, and taking tension.
- ☐ 10) Fear of imaginary illness or a feeling something is not well.
- ☐ 11) A feeling of loneliness and not being loved.
- ☐ 12) I lack enthusiasm for living life (feeling lazy).

STAGE 3

- ☐ 1) Diagnosed with a lifestyle disease (physical or mental).
- ☐ 2) Dependency on medicines or supplements on daily basis.
- ☐ 3) History of past trauma or abuse.
- ☐ 4) Addicted to alcohol, tobacco, smoking, vaping or other drugs.

Is Your Health On Autopilot?

This evaluation is not to induce fear, but to make you aware of Lifestyle Habits and Mindsets which are silently making you unhealthy.

You have the choice to reverse them and start staying healthy effortlessly once again!

If you are in stages 1, 2 or 3 and you want to put your health on autopilot so that you have more time and energy to focus on creating a life and business you love...

**Click the button below
and schedule a FREE 20mins call.**

