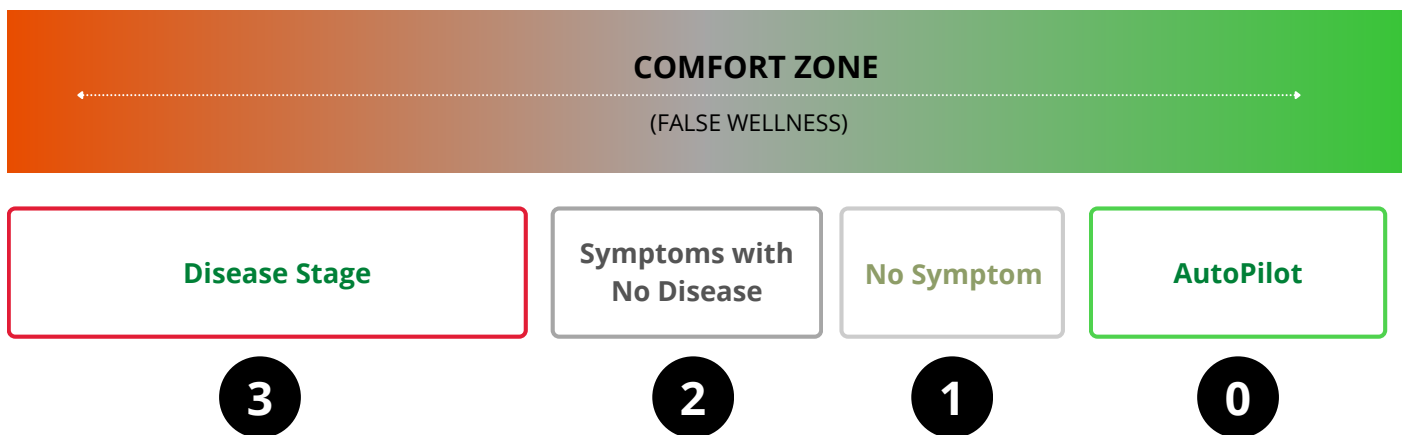


## Self Evaluation Worksheet

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

1. Adequate water intake
2. Calm and abdominal breathing
3. Regular movement and exercise
4. Healthy and mindful Eating Habits
5. Good night's sleep
6. Look forward to working every day.
7. Optimistic thinking 24x7
8. Being Mindful in all activities
9. Emotional control & expression
10. Nurturing & loving relationships.

If you say '**YES**' to all of the above...

(and do not have any of the stage 1,2 or 3 parameters)

**then AWESOME! Your health is on autopilot.**

## 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 the one puts you in stage 1

1. I am doing night shift work or sleeping late.
2. I have a desk job that requires 8-9 hours of sitting.
3. I have food cravings /habit of overeating/outside food.
4. I often skip breakfast or eat heavy dinners
5. I have a constant fear of food. (calories, carbs, fats etc)
6. I have a habit of emotional or stress eating
7. I lack enthusiasm for living life.
8. I have a habit of overthinking.
9. I always suppress my feelings.
10. I cannot easily forgive or ask for forgiveness.
11. I have a stressful work environment or toxic relationships.

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. Lack of energy, get tired easily or forgetfulness.
2. Anger, irritation, mood swings.
3. Unable to sleep easily OR snoring.
4. 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. Always multitasking, busy, anxious and tensed.
9. Fear of imaginary illness or a feeling something is not well.
10. Feeling lonely and not loved.
11. Fear of something – water, heights, public speaking etc.

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. I am diagnosed with a lifestyle disease.
2. My daily movement is restricted due to illness.
3. I am advised to take medicine for a lifetime.
4. My quality of life is compromised.
5. I need medicine or supplements to sleep or clear my bowel.
6. I have a history of past trauma.
7. I am addicted to alcohol, tobacco, and 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)

## Is Your Health On Autopilot?

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 to start the journey towards staying healthy effortlessly!**

