

1. I suffer with fatigue

2. I need more energy, and focus to make my life work.

3. I find Myself overwhelmed by early evening, or wanting to take naps

4. I feel overwhelmed by my current life circumstances.

5. I find myself under high levels of stress.

6. I need to improve my fitness and workout routine.

7. I spend more time on my cell phone, Internet, or computer than I do exercising.

8. I have a difficult time letting go, relaxing, and being at peace.

10. I feel worn down by my current life circumstances.
11. I suffer with self doubt.
12. I suffer with anxiety and restlessness.
13. My stress interferes with my happiness, causing less focus at home and at work.
14. I find myself discouraged about my future.
15. I can use more enthusiasm in my life at home, and at work
16. I suffer with mood swings and food cravings.
17. I feel like I hold onto stress, anger, and worry.
18. I have difficulty sleeping.

5-Always 4-Usually 3-Sometimes 2- Rarely 1-Never

18. I have a wandering mind, and non stop thinking patterns.

19. I feel like the aging process is slowing me down.

20. I need more ambition, drive, and purpose in my life.