

HEALTH

BELIEFS

- DO YOU BELIEVE THAT ULTIMATELY OUR HEALTH IS LARGELY OUT OF OUR HANDS?
- DO YOU BELIEVE YOU ARE IN CONTROL OF YOUR HEALTH?
- WHAT ARE SEVERAL THINGS YOU BELIEVE ABOUT YOUR HEALTH?

EXPERIENCES

- IN ORDER TO HAVE GOOD HEALTH WHEN YOU ARE 75 YEARS OLD, WHAT ARE 3 THINGS YOU WOULD HAVE TO CHANGE NOW?
- HOW WOULD YOU RATE YOUR PHYSICAL HEALTH?
- WHAT ARE SEVERAL THINGS YOU DO THAT ENDANGER YOUR HEALTH?
- WHAT ARE SOME THINGS YOU DO EVERY DAY TO MAKE OR KEEP YOURSELF HEALTHY?
- WHAT ARE SOME THINGS YOU DO OFTEN BUT NOT DAILY TO MAKE OR KEEP YOURSELF HEALTHY?
- HAVE YOU DELIBERATELY CREATED A HEALTHY LIFESTYLE?
- DO YOU KNOW A LOT ABOUT PHYSICAL FITNESS?
- DO YOU VALUE YOUR HEALTH AND STRIVE TO PRESERVE IT?
- DO YOU HAVE A DEEP SENSE OF HEALTH AND WELL-BEING?
- DO YOU DEEPLY RESPECT YOUR BODY AND TAKE GOOD CARE OF IT?
- HAVE YOU MADE MUCH EFFORT TO EDUCATE YOURSELF ABOUT WHAT AFFECTS YOUR HEALTH?
- WHAT ARE SOME THINGS YOU COULD DO THAT WOULD MAKE YOU MORE HEALTHY?
- HOW WOULD YOU RATE YOUR LEVEL OF PHYSICAL FITNESS?
- DO YOU WAKE UP EACH DAY WITH AN ABUNDANCE OF ENERGY?
- HOW DO YOU FEEL ABOUT YOUR CURRENT WEIGHT LEVEL?
- HOW WELL DO YOU CARE FOR YOUR BODY BY EXERCISING REGULARLY?
- HAVE YOU EVER TAKEN A YOGA OR STRETCHING CLASS?
- HAVE YOU EVER UNDERTAKEN AN AEROBICS PROGRAM?
- DO YOU GO OUTDOORS A LITTLE EACH DAY?
- DO YOU GET A LITTLE SUNSHINE EACH DAY?
- DO YOU BREATHE PROPERLY?
- WHEN WAS A TIME YOU FELT EXHAUSTED?
- WHAT PHYSICAL ACTIVITY TIRES YOU OUT MOST?
- WHAT IS IT ABOUT YOUR JOB THAT TIRES YOU OUT MOST?
- WHAT EMOTIONAL FEELING TIRES YOU OUT MOST?
- WHAT MENTAL ACTIVITY TIRES YOU OUT MOST?
- WHAT KIND OF CRISIS TIRE YOU OUT MOST?
- WOULD ~~SOMEONE~~ DESCRIBE YOU AS BEING FULL OF ENERGY?
- WHEN WAS THE LAST TIME YOU WENT TO THE DOCTOR FOR A CHECK UP?
- WHEN WAS THE LAST TIME YOU WENT TO THE DENTIST?
- HOW GOOD ARE YOU AT PACING YOURSELF AND RESTING WHEN YOU ARE TIRED?
- DO YOU RESPECT YOUR BODIES NATURAL HEALING WISDOM AND ENERGY?
- HOW HEALTHY IS IT WHERE YOU CURRENTLY LIVE? GOOD POINTS? NEGATIVES?
- DO YOU RESPECT YOUR BODY BY KEEPING IT IN SHAPE, RESTING IT AND FEEDING IT PROPERLY?
- DO YOU EVER FIND OUT THE SOURCE OF PAIN BEFORE TAKING A PILL FOR IT?
- HOW MUCH SLEEP DO YOU GET ON THE AVERAGE NIGHT? IS IT ENOUGH FOR YOU? COULD YOU USE MORE OR LESS?
- WHAT PRACTICES, PEOPLE AND EXPERIENCES RENEW YOUR HEALTH AND ENERGY?
- WHAT PRACTICES, PEOPLE AND EXPERIENCES DEplete YOUR HEALTH AND ENERGY?
- DO YOU AVOID THINGS THAT WILL THREATEN YOUR HEALTH?
- DO YOU LEARN FROM YOUR BODY'S MEMORY BY PAYING ATTENTION TO IT'S MESSAGES?
- HOW IMPORTANT IS PERSONAL HYGIENE TO YOU?
- DO YOU EAT HEALTHY?