

Your Health Speaks Through Concerns and Praises

Name _____ Date _____

How you feel about your body emotionally, physically, and spiritually all are indicators of what is happening inside. When we ignore these concerns and praises we miss listening to our body.

Praises – write down how great you feel in these areas:

Eyes _____

Muscles _____

Strength _____

Hormones – feel great and love life _____

Eat well and love it _____

Have a great outlook and love it _____

Physically love what I am able to do _____

Mentally I am on my game and love it _____

Finger nails are strong and I love it _____

My hair is beautiful and I love it _____

My skin is beautiful and I love it _____

My exercise routine is great and I love it _____

Other areas to Praise your health _____

Take time now to list your *concerns*

Physically – what are your body concerns? Circle all that apply.

Weight sleep food sensitivities heart palpitations lack of energy
Nausea muscle pain or weakness fatigue allergies cholesterol
Triglycerides lack of exercise acne anxiety attention problems bad breath
belching Bladder infections body odor cold hands/feet restless legs
constipation Cravings for sweets/carbs dandruff depression yeast infections
smelly feet PMS menopause difficulty concentrating exhaustion
fertility problems Gas/bloating joint pain low fiber intake
low veggies intake mood swings Shortness of breath eczema
fibromyalgia sluggishness difficulty getting going in the morning

Pain in this area _____

Tingling in this area _____

Other Issues that concern me _____

