



Name _____

Date _____

Please answer questions as honestly as possible!

1. If you could break one rule without consequences, what rule would you break?
2. Are you in a romantic relationship, and if so are you happy?
3. Do you feel like you are in touch with your life purpose?
4. Do you feel stressed about money?
5. Do you feel spiritually connected?
6. If your health condition had a message for you what would it say?
7. What does your body need in order to heal?

Heal Yourself: Mind Over Medicine by Lissa Rankin, M.D.