



Dr Warren van Zyl

Longevity Health Solutions

Welcome and thank you for taking the time to download this document.

This is the first step to achieving holistic success and happiness in your life.

Longevity Health Solutions™ begins with a “Life Goals Assessment” in all areas of your life.

Where are you with regards to holistic success in your life?

On a scale of 0 – 10, 0 being poor, and ten being excellent, grade the various areas of your life by placing a circle around the number you are presently at.

- 1. Gut Health** – Your gut health influences your overall physical and emotional well-being. Rate your general gut health by considering how many of the following symptoms you are currently experiencing.

Symptoms of poor gut health:

- Food sensitivities and/or allergies
- Digestive problems like gas or bloating
- Weight gain
- Skin issues like acne, eczema and rosacea
- Fatigue
- Mood swings
- Autoimmune disorders
- Depression
- Anxiety
- Difficulty concentrating
- Joint pain

If you are experiencing most of these your gut health would be on 0 and in the red zone. None of them at all, then you're on 10 in the blue.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

2. **Self-Care** – Do you make time for self-care? This includes spending enough time with your family and loved ones, engaging socially and also spending some time on your own. Rate these aspects from 0, if you are not currently making any time for self-care to 10, if you have this down to a tee.



3. **Emotions** – Negative emotions like anger, fear, guilt, unresolved family issues are lower on the scale, while feelings of love, peace and contentment are higher up. Where are you currently?



4. **Mental/Thoughts** - Rate your thinking, 0 being very negative and 10 absolutely positive as far as your thoughts go. Where are you currently?



5. **Physical** – How is your physical health? Do you have a regular exercise program and are you at a healthy weight? Very poor would be 0 and excellent 10. Where are you currently?



6. **Spiritual** - How are you doing Spiritually? I'm not necessarily referring to religion. How is your spiritual connection with creation? No connection at all would be 0 and the ultimate spiritual connection 10. Where are you currently?



7. **Finances** – How do you currently feel about the business aspect of your life? Do you have clear business and investment goals and are you working towards achieving them? Or don't you have any and feeling stressed in this regard? Where are you currently?



8. **Just Being** - How often are you 'Just Being', just living in the moment and responding, 'from your gut'. Never at all, would be 0 and all the time, 10.

