

# EMPOWERED BODY BREAKTHROUGH

TRANSFORM FROM WITHIN

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# What is A BODY BREAKTHROUGH?



You're already a sexy, vibrant woman and you've made powerful strides toward profound mind-body wellness. But you feel a longing to emerge with even more vitality and radiance as you enter your next stage in life.

After a deep analysis of your answers, I will create a private video sent to your inbox pinpointing the areas I see that need a fresh perspective on how you approach your goals.

By precisely uncovering the potential limiting beliefs and circumstances holding you back, we will awaken your mind to allow your total body breakthrough!

"Don't be bothered by perfection. Replace the word perfection with totality. Totality will give you a different dimension."

-Osho

# Path to Now

## UNPACKING YOUR WELLNESS

Please take this time to reflect upon the habits and tendencies that have contributed to your current way of being. The more honest and detailed you are, the deeper the impact in your wellness.

What has made you feel the most defeated and frightened in your life?  
Do you live in a constant or fleeting state of fear and/or anxiety?

What has caused the most anger and resentment for you? Do you stuff  
your emotions down and explode later?

Are you still menstruating? Are/were your periods manageable or a  
nightmare to deal with?

# Path to Now

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Do you consider yourself to be a happy and purposeful person? What excites you the most when you wake up each day?

Do you feel like you can be your authentic self or do you wear a mask? Describe when you have felt the most "you."

Have you had a lot dental procedures i.e. fillings, crowns, root canals or implants? Were your wisdom teeth extracted?

# Path to Now

## UNPACKING YOUR WELLNESS

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Are you married or have a partner? Children? Do you feel fulfilled and happy? Please describe the overall feelings of your relationship.

Do you have any chronic health conditions/pain? Please describe in detail and include duration.

Have you had any surgeries? Please list all surgeries (including elective).

# Path to Now

## UNPACKING YOUR WELLNESS

Please take this time to reflect upon the habits and tendencies that have contributed to your current way of being. The more honest and detailed you are, the deeper the impact in your wellness.

Please share your overall relationship with food and dieting across your life (including any eating disorders).

Do you struggle with chronic digestive issues? Please describe in detail.

Have you endured a major life stressor and feel your health and wellness haven't been the same? Please describe the event.

# Path to Now

## UNPACKING YOUR WELLNESS

Please take this time to reflect upon the habits and tendencies that have contributed to your current way of being. The more honest and detailed you are, the deeper the impact in your wellness.

Please describe any struggles you've had with either parent across the span of your life and how that has played out in your personal life.

Did/do you take a lot of antibiotics? If so, for what conditions? What supplements/prescription meds do you take on a daily basis?

Have you worked or lived in water damaged building?

# Path to Now

## UNPACKING YOUR WELLNESS

Please take this time to reflect upon the habits and tendencies that have contributed to your current way of being. The more honest and detailed you are, the deeper the impact in your wellness.

What is a typical day of eating? List the top 10 foods you eat on a consistent basis. Do you wish to be 80-100% plant-based?

Please share your name, age, weight and race. Do you embrace getting older?

Tell me about your skin. Do you struggle with acne, rosacea, psoriasis, eczema, wrinkles or discoloration?

I am eager to see what we can shift to upgrade your health and wellness!

Please assess the following:

HEALTH

	Never	Rarely	Sometimes	Always
Is your hair thinning?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have numbness/tingling?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you struggle with low energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you exercise most days?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have eye bags or dark circles?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please assess the following:

FOOD

	Never	Rarely	Sometimes	Always
I eat dessert everyday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you snack between meals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you intermittent fast?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you eat chicken/beef/fish?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Let's dive into your daily habits. From here, we can determine what's working and what needs to be realigned to facilitate a deeper level of success.

Please assess the following:

SELF-CARE

	Never	Rarely	Sometimes	Always
Do you have a skin/body care routine?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you use non-toxic skincare?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you like the way you dress?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you get regular massages/facials?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have a spiritual practice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please assess the following:

HOME

	Never	Rarely	Sometimes	Always
Do you use non-toxic cleaners?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Does your home inspire you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is your home cluttered?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is your bedroom your haven?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Future You

## YOUR NEXT LEVEL

Your next level is contingent upon the consistent, conscious choices you make each day. Let's create an actionable and sustainable plan based upon your excitement to advance your well-being! (Please use the notes page in the next section if you need more writing room.)

1 Define complete mind and body wellness. What is the one thing holding you back from achieving it?

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2 What's a hurdle you've overcome that you're proud of? What kind of woman would you need to be to ignite your power again?

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3 What do you love most and like least about your body?

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# Notes

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# About

## ERIN SIMONE

Thank you for investing in your body breakthrough! You've taken an empowering first step toward total mind-body wellness. This evaluation will shine a light on where you currently stand and the new path you wish to embark on. **Please email this questionnaire back to [cheferinsimone@yahoo.com](mailto:cheferinsimone@yahoo.com)**



Do you wish to dive even deeper into a profound and lasting change? Together, we can strategize to **ensure** you maintain the courage to take your most divine and exquisite form. As a health empowerment strategist and plant-based chef, my health and wellness are top priority and I would love to share my timeless tactics with you. Welcome, to [www.erinsimonewellness.com](http://www.erinsimonewellness.com), where luxury nutrition meets holistic wellness.

