

SIGNS OF PHYSICAL DISCOMFORT

PART IV



Worksheet 2

Before illness fully sets in, there are often warning signs—physical discomforts we tend to overlook or dismiss. Though they may seem minor at first, they often point to deeper imbalances. Your body's messages, especially those that repeat, are valuable signals. They reveal areas where greater awareness or balance is needed. • The statements below invite you to bring awareness to these early indicators. Mark “Yes” if the statement reflects your usual behavior, “No” if it rarely or never does, or “Needs Attention” if you wish to improve.

Diet and Digestion

- I skip meals or eat at irregular times.
- I overeat or eat beyond comfort or need.
- I experience digestive discomfort—bloating, gas, constipation, diarrhea, or heartburn.
- I have a persistent lack of appetite.
- I eat late at night, and wake up feeling heavy.
- I crave stimulants such as coffee, tea, chocolate, or sweetened drinks.
- I react to certain foods with fatigue, headaches, or skin irritation.

Yes No Needs Attention

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Energy and Motivation

- I experience ongoing fatigue that isn't relieved by rest.
- I notice a gradual decline in my physical energy or muscle strength.
- I feel unmotivated or apathetic about daily responsibilities.

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Pain and Discomfort

- I experience recurring or persistent pain that doesn't improve over time.
- I notice reduced strength or difficulty with routine physical tasks.
- I experience joint stiffness, swelling, or pain that limits my movement.
- I experience frequent muscle tension, often related to stress or posture.
- I frequently experience headaches, sometimes migraines.
- I have recurring skin irritation or rashes.
- I sometimes experience shortness of breath.
- I feel dizzy or lightheaded at times.
- I experience unexplained or recurrent fevers.
- I tend to ignore such signs, hoping they will go away.
- I put off regular health checkups.

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Rhythms and Routine

- I go to bed and wake up at inconsistent times.
- I work long hours without sufficient breaks.
- I struggle to maintain a healthy balance between work, meals, physical activity, family, and rest.

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