

# GENES VS. HABITS: PART II

## THE WORKSHEET

**1** DO YOU HAVE GENE-BASED VULNERABILITIES?

DEPENDING ON RESEARCH  
MAKES ONLY  
≈ 5-10%

**2** DO YOU TEND TO BELIEVE IN THE MYTH OF GENETIC DOMINANCE?



**3** WHICH HEALTHY LIFESTYLE CHOICES/HABITS CURRENTLY INFLUENCE HOW YOU FEEL?

**4** ANYTHING YOU'RE CURRENTLY WORKING ON TO IMPROVE IT?

**5** ANY 'BLIND SPOTS' THAT MIGHT NEED A CLOSER LOOK?