



Healthy Habits

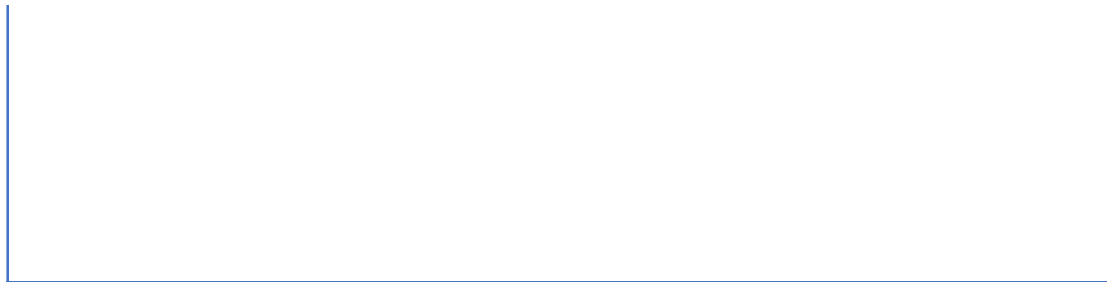
Overview:

The objective of this guide is to help you decide which one to three healthy habits that are important to your life. Narrowing it down from 20 to one to three attainable healthy habits will help you be successful. Once you have mastered these habits, you can modify, add or subtract based on what feels good. These can be existing healthy habits that you already practice or new ones that resonate with you.

Go to a quiet space without distractions with your journal or this document. Please turn off your phone, find a quiet space so you can go within.

STEP 1: List the Healthy Habits or Goals You're Considering that are deeply important to you:

**WHAT HEALTHY HABITS DO
YOU DESIRE IN YOUR LIFE?**



Here are some examples of healthy habits, feel free to circle the ones that jump out at you:

- Vegan Lifestyle
 - Yoga
 - Meditation
 - Qigong
 - Walking
 - Sun Staring
 - Getting Outside
 - Becoming more Alkaline
 - Playing a sport
 - Going swimming
 - Bike Riding
 - Eating Healthier
 - Having a Smoothie
 - Stopping to enjoy a cup of tea
 - Gardening
 - Drinking Lemon Water
 - A clean home
 - Minimalism
 - Journaling
 - Rituals
 - Reading
 - Studying
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- Writing
 - Making healthier choices!
 - Spending 10-60 minutes on your goal each day
 - Attending seminars
 - Getting involved in the community
 - Affirmations
 - Practicing Out of Body Experiences
 - Spiritual Practices
 - Running
 - Dancing
 - Laughter
 - Learning a new skill
 - Painting
 - Drawing

WHAT IMPACT WILL THESE HEALTHY HABITS HAVE ON MY LIFE?

HOW WILL THESE HEALTHY HABITS BENEFIT OTHERS?

**OUT OF ALL OF THE HEALTHY HABITS
WHICH TOP 1 TO 3 WILL HAVE THE BIGGEST
IMPACT?**

Write One to Three:

**I CHOOSE TO COMMIT TO THE FOLLOWING
HEALTHY HABIT _____**

**I CHOOSE TO COMMIT TO THE FOLLOWING
HEALTHY HABIT _____**

**I CHOOSE TO COMMIT TO THE FOLLOWING
HEALTHY HABIT _____**

MAKE SPACE FOR YOUR HEALTHY HABIT(S):

How much time can you allocate to your goal, 10 minutes? 30 minutes a day 5 days a week? What realistically will work. Start small and grow from there.

THAT'S IT!

Know that you are going to reach obstacles and some mornings or days you won't reach your healthy habits, and that is totally fine. Do your best. Forgive yourself. Pick it back up and move forward. We all do our best and our best varies based on a lot of factors like our health, state of mind, sleep, wellness and so forth. I allow one free day each week +/- to not do any healthy habits, unless I want to. I may do a Yin Yoga class vs. a Vinyasa. Get outside, life live fully, have fun, eat healthy and have a great New Year! Happy New Year 2020!