



Eating Habits

Health is more than just eating well. The way you prepare food and how it gets into your body counts, too! Below you will find several lifestyle suggestions on improving eating habits.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think of other eating habits that could make a difference in your life, and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none"> • avoid cooking with electricity • use gas to cook 	1. _____ 2. _____ 3. _____	
<ul style="list-style-type: none"> • use spring water or a good-quality water filter • avoid water with chlorine or fluoride 	1. _____ 2. _____ 3. _____	
<ul style="list-style-type: none"> • chew your food well • 30 seconds per mouthful 	1. _____ 2. _____ 3. _____	
<i>What other healthy eating habits do you want to work on?</i>	1. _____ 2. _____ 3. _____	



Relationships

Non-food sources can help nourish healthy bodies. Meaningful relationships help develop deeper connections with your loved ones. Honest and open relationships feed your soul and help make food a secondary source of energy.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think about other ways you can improve the relationships in your life and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none">view everything and everyone you meet gratitude	<ol style="list-style-type: none">_______________	
<ul style="list-style-type: none">do your best to be on good terms with people	<ol style="list-style-type: none">_______________	
<ul style="list-style-type: none">communicate with your loved ones regularly	<ol style="list-style-type: none">_______________	
<i>How else can you improve the relationships in your life?</i>	<ol style="list-style-type: none">_______________	



Hygiene

Practicing good personal hygiene helps keep you healthy. Taking time to care for yourself will not only make you feel great, but it also helps prevent illness and increases your natural energy.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think about other ways you can stay on track with hygiene and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none">increase circulation by doing a hot towel scrub	<ol style="list-style-type: none">_______________	
<ul style="list-style-type: none">avoid wearing synthetic clothingwear 100% cotton	<ol style="list-style-type: none">_______________	
<ul style="list-style-type: none">use natural toothpaste and cosmeticsavoid chemically perfumed cosmetics	<ol style="list-style-type: none">_______________	
<i>How else can you stay on track with your personal hygiene?</i>	<ol style="list-style-type: none">_______________	



Attitude

Having a positive attitude fosters a healthy living environment. A positive attitude helps you lead a goal-oriented life. It will naturally attract more positive energy from the world around you.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think about other ways you can practice having a positive attitude and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none">• give generously of yourself and your resources• live each day happily	<ol style="list-style-type: none">1. _____2. _____3. _____	
<ul style="list-style-type: none">• focus on solutions, not problems• hum or sing a happy song, daily• foster a sense of humor	<ol style="list-style-type: none">1. _____2. _____3. _____	
<ul style="list-style-type: none">• offer thanks before and after meals• create a positive attitude and wonderful environment around you	<ol style="list-style-type: none">1. _____2. _____3. _____	
<i>How else can you show a positive attitude?</i>	<ol style="list-style-type: none">1. _____2. _____3. _____	



Meditation and Exercise

Recharging your mind and body through meditation and exercise are important factors of overall health. Daily exercise helps improve heart function and decreases your risk of disease. Quieting the mind through meditation cultivates a greater appreciation of life.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think about other ways you can recharge your mind and body and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none">• treat yourself to regular daily quiet time• study, pray, meditate	<ol style="list-style-type: none">1. _____2. _____3. _____	
<ul style="list-style-type: none">• include exercise as part of your daily life• try yoga, Pilates, running, dancing, swimming, etc.	<ol style="list-style-type: none">1. _____2. _____3. _____	
<i>How else can you recharge your mind and body?</i>	<ol style="list-style-type: none">1. _____2. _____3. _____	



Home Practices

Maintaining a healthy home environment is important for your overall well-being. Keeping your home in order promotes productivity. Increased self-regulation in your home extends to other areas of your life like goals and finances.

Read over the goals and create small actions steps that will help you carry out your goal.

Include comments about your progress. Think about other ways you can stay on track with your home environment and create a plan to implement them!

Goals	Action Steps	My Progress
<ul style="list-style-type: none"> • keep your home in good order • your home should be a reflection of you 	1. _____ 2. _____ 3. _____	
<ul style="list-style-type: none"> • freshen the air by including green plants in every room of your home • open a window daily to help circulate fresh air 	1. _____ 2. _____ 3. _____	
<ul style="list-style-type: none"> • watch television sparingly • create space where loved ones can gather for meals and spend quality time together 	1. _____ 2. _____ 3. _____	
<i>How else can you improve your home practices?</i>	1. _____ 2. _____ 3. _____	