Chapter 10 - Your Healthy Lifestyle

Describe your ideal body in full health: what you look like, what you do for training, what your food plan looks like in summary, how you feed your mind, and how you structure your rest and recovery. You will then go into how you now feel about yourself, what feelings and emotions you have, what you now believe about your own image and capabilities when it comes to health, and what is your mindset like towards exercise, food and learning.

© Copyright The Process Of Being Me 2016

Chapter 10 - Your Healthy Lifestyle

Now we are going to create a new ideal, perfect, normal day. You are going to add in the actions you described above as part of your healthy routine and you are also going to add in the descriptions of how you feel during or after each of them as you move through your day. Remember you can always refer back to the exercise in Chapter 5 where you created your Perfect Normal Day.

© Copyright The Process Of Being Me 2016

Chapter 10 - Your Healthy Lifestyle

© Copyright The Process Of Being Me 2016