

HEALTH. No matter what you want to create in life, how and who you want to love, or how much money you intend to make, it's all irrelevant if you're not healthy enough to enjoy it. Health isn't just about looking good, it's about FEELING incredible. It's the difference between just getting through the day, and TRULY feeling alive and energized in each moment. It's not just about working out, it's about what you put in. So, where are you at? Rate yourself on the scale to the right, and then answer the questions below.

On a scale of 1-10, (10 being HOLY COW amazingness, 0 being a complete flat line) rate this area of your life, as it occurs for you RIGHT NOW.

BE HONEST.
(We won't tell anyone.)

HEALTH

What three words can describe where you currently are on the scale?

- 1. _____
- 2. _____
- 3. _____

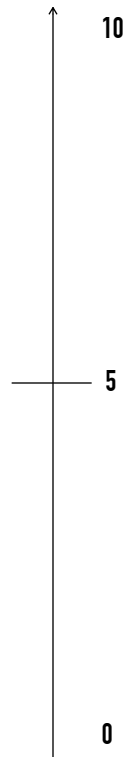
What would a "10" in this area look like for you?

- 1. _____
- 2. _____
- 3. _____

What specific outcomes would you like to accomplish in this area?

- 1. _____
- 2. _____
- 3. _____

Why is it critical that you make a shift in this area? What are you fed up with?



What negative beliefs do you have about this area of your life?

1. _____
2. _____
3. _____

What is the biggest way you sabotage your health?

What are the prices you pay for standing in your own way?

1. _____
2. _____
3. _____

Describe a time you've experienced success in this area:

Who were you being when you achieved the success above? (ex: Creative, Contributing, Courageous, Loving, Vulnerable, Dedicated, Risk-Taking, Leader, Committed, etc)

What's ONE thing you could cut out, to add more overall health to your life?
(ex: watching tv, eating donuts, overworking, not sleeping, drinking, smoking)

What IMMEDIATE actions could you take to move closer to a "10" in this area?

1. _____
2. _____
3. _____

YOUR STEP OF GREATNESS: Complete ONE of the IMMEDIATE actions listed above in the next 24 hours.

*Take
care of
your
body,
it's the
only
place
you
have to
live in.*