



Create a plan for every situation that takes you off balance and away from your center

They say it takes twenty-one days to form a habit, so let's keep it rolling and cement these amazing habits into stone so that you can feel this good every day of your life! In the space below write out your plan for maintaining balance during your most challenging times in life.

My plan for social situations is:

My plan for eating healthy and taking care of myself while vacationing is:

My plan for eating healthy and taking care of myself while I am traveling for work or pleasure is:

I hereby commit to honoring, listening, loving and respecting my body (sign here) _____.

I commit to exercising appropriately for my body type _____ times per week.

The exercise I am going to enjoy is: _____.

I am going to nurture and soothe myself by doing/being...

The people, places or situations that I feel the most out of balance are:

I am going to avoid or handle these people, places, and or situations by

The food I binge on or eat in excess when I feel out of balance is

I feel like _____ when I overeat this food.

My intention is... (in regards to this food).