

EXTERNAL HEALTH VALUES

MaKai Nutrition LLC

WHY?

PART 2

Why are you choosing to honor your health?

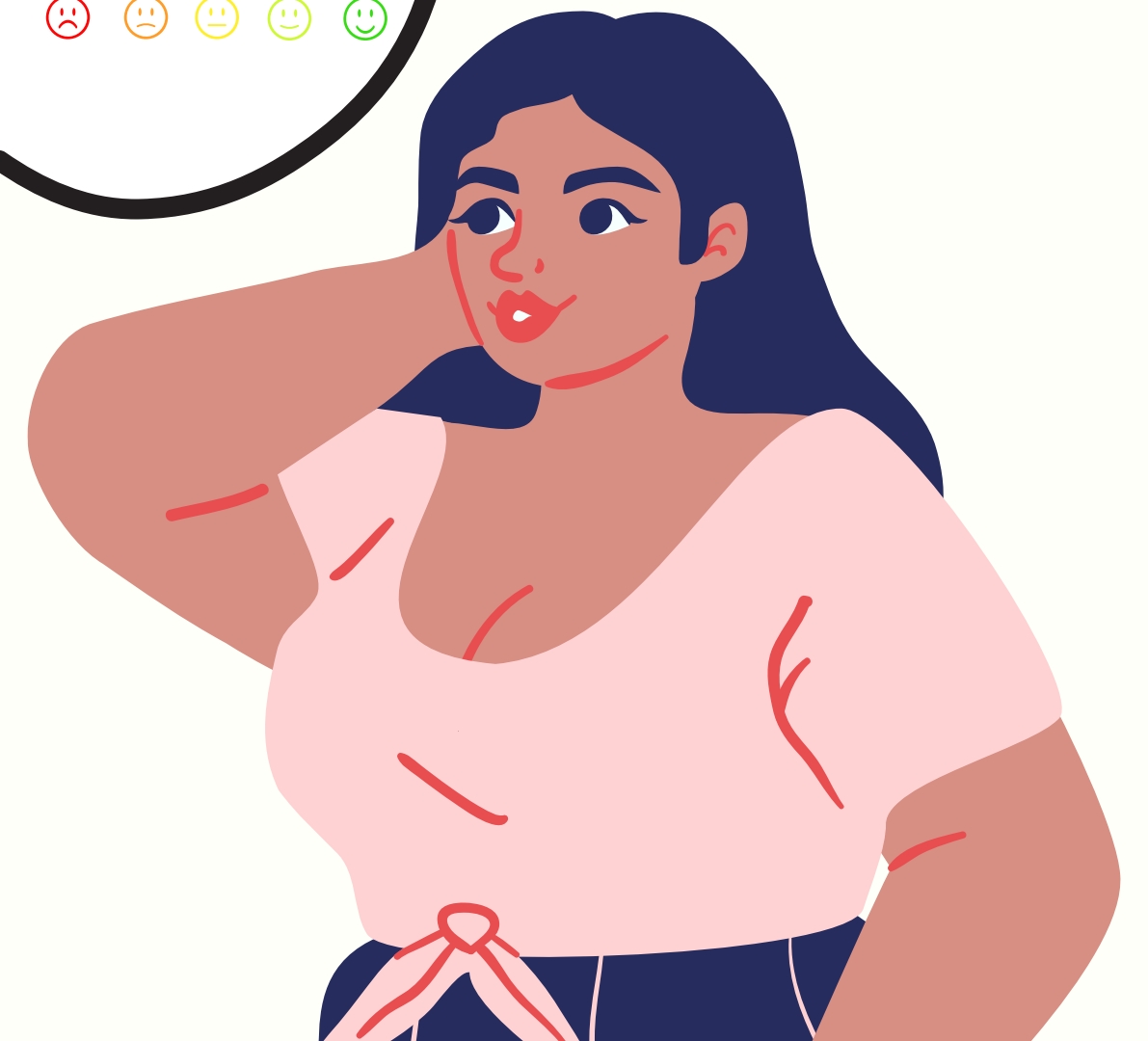
How will honoring your health make you FEEL?

Have you made peace with the idea that honoring your health does not necessarily mean weight change?

Have you made peace with the idea that there is not one perfect picture of health and it does not mean all or nothing?

HEALTH

WHAT IS HEALTH?



HEALTH

YOUR DEFINITION

Besides your (hopefully expired) beliefs around weight, what is health to you?

Physical:

Mental:

Social:

Spiritual:



HEALTH

MY DEFINITION

Physical: The ability to do all that I want to do/have the ability to do in life with energy and focus. I feel good! I can move my body within my abilities. To eat in ways that give me energy, focus, and that I enjoy!

Mental: Energy and focus. Happy and able to cope with emotions. Able to keep a positive mindset when I'm thrown off path. Able to manage stress. I feel good and able to focus on what serves my best self!

Social: Able to enjoy time with friends. Able to be myself around those I spend time with.

Spiritual: Able to stay present and be grateful for what my life gives me. Gratitude is part of my daily life.

WHAT ARE HEALTH- PROMOTING BEHAVIORS

**What behaviors do you identify are
healthy that you enjoy in life?**

Physical:

Mental:

Social:

Spiritual:

WHAT ARE HEALTH- PROMOTING BEHAVIORS

EXAMPLE

What behaviors do you identify are healthy that you enjoy in life?

Physical: Walking. Running. Biking. Playing. Being active. Good sleep. Eating fruit & veg. Enjoying my meals. Rest days. Drinking water.

Mental: Using emotional toolbox. Journaling. Addressing mental barriers (therapy/coaching). Reading. Continuing education courses.

Social: Dates with my partner. Seeing my sisters. Hanging with friends. Being involved in the community. Workout classes (physical and social)

Spiritual: Morning affirmations. Gratefulness journal. Yoga



Action Steps

Post in the Facebook group for accountability



IDENTIFY WHAT HEALTH MEANS TO YOU

Your new "why"

Questions? Thoughts?