

KEYS TO LIFE

	Create a Lifestyle								
	Sleep: 7-8 hours each night								
	Water: 8 cups each day								
	Nutrition: 3 meals each day at regular times Fiber foods: 30-50 grams per day Healthful Breakfast: Healthful fats: nuts/seeds/avocado								
	Exercise: at least 30 minutes each day								
	Deep Breathing: 6 breaths in one minute								
	Sunlight: responsible sun exposure Vitamin D: 2000 I.U. – 6000 I.U. each day								
	Vitamin B12 “Calm” Magnesium								
	Massage								
	Create an Environment								
	Internal (thoughts)								
	Avoid criticism & negative speech								
	“I am thankful for...” “I have all the time I need.” “It could be worse.” “(S)he has positive qualities.” “God is in control.”								
	External (what surrounds you)								
	Positive Surroundings/Clutter/Flowers								
	Classical Music								
	Limit Screen Time								
	Positive choices readily available								
	Food. Drink. Exercise. Entertainment.								
	Create Connection								
	Others								
	Family & friends								
	Walking. Meals.								
	With God								
	Reading. Praying. Nature.								

My Goal: _____

When:

Where:

With whom: