

Personal Reflection Exercises...

My healthy lifestyle helps those around me. This is my greatest reward.



Finding ways to improve my life is important to me.

I take steps toward living a better life by making healthy lifestyle choices. When I find wholesome choices that I want to incorporate into my life, I am eager to share these discoveries with my friends and family. ***Using my healthy lifestyle to help those around me is a great reward.***

Fueling my body with healthful foods is vital because I want to feel energized and strong. Making good eating choices is easy when I make a firm commitment to myself.

When I buy groceries, I fill my cart with fresh fruits and vegetables and whole grain breads and pastas. I also find new recipes that will make my family feel nourished and satisfied.

Choosing balanced meals and trying healthful recipes makes me feel proud. Sharing these discoveries with my friends and family is rewarding because I am excited to see them benefit from my healthy lifestyle.

Exercising is just another way for me to share a healthy lifestyle with others.

When I find a new exercise class, I invite a friend to join me. When I take walks in the evening, I ask my partner to accompany me. When there is a pleasant day, I take my children to the park. Feeling invigorated by exercise and rejuvenated by fresh air is a gift I am happy to share with my loved ones.

My greatest reward is helping those around me live a healthy lifestyle. ***I am proud when I see my family and friends are on the pathway to living long and healthy lives.*** I am so glad that my loved ones benefit from my healthy choices.

Self-Reflection Questions:

1. What healthy choices do I make in my life?
2. How can I use my healthy lifestyle to help my friends and family?
3. What actions can I take, today, to help those around me benefit from a healthy lifestyle?