

ACTION

GOAL & STEPS

Primary goal - Better Health

- Live in the flow
- Live with a healthy mind set
- Enjoy my food
- Eat what nourishes me

Secondary goal

- 5kg weight loss for surgery or 5 to 10 centimeters loss around the waist by September 2023

MY WHY

My health is important to me because when I feel healthy I feel;

- lighter
- happy with myself
- I don't have to put on a happy face because I am happy
- my relationships are easier and fun
- feel good and positive

STEPS

Small steps to achieve my goal;

- Go outside in the morning (no glasses/sunscreen/expose eyes & skin)
- 16:8 Lunch and Dinner eating pattern (Note: Eat early)
- Order meals without the bread and chips
- Mindset of eating to fuel my body
- Catch myself saying negative things about myself
- Put tablet on charge in the ensuit
- If I can't get to sleep go outside for a minute and sky gaze, instead of reaching for the tablet

ACCOUNT- ABILITY

Write in my journal each day.

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