NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

HEALTH AND HAPPINESS

Regardless of what you want to achieve there are two goals we all have in common.

Health & Happiness.

AND, I believe there are just 8 core foundation pieces that directly impact our ability to be truly healthy and happy. Think of them as pieces of a puzzle.

1. Mindset
2. Purpose
3. Connection to people
4. Connection to nature
5. How we nourish our bodies
6. Movement
7. Personal care / Self-love
8. Your environment

Let's dive in!

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

MINDSET

What are the stories running in your head? Are they stories of being good enough, worthy, courageous, compassionate (to self)? Or, are they the opposite? Unmotivated, overwhelmed, dis-heartened. Don't judge, simply contemplate, be curious.
Ask yourself why?
I find it helpful to consider what you would want your child/ren to say about themselves. Look at yourself through the filter of a loving mothers' eyes. Is that how you see yourself, speak to yourself, speak about yourself? If not, why not?

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

PURPOSE

When you hop out of bed each day is it with a sense of purpose. Do you look forward to your day with a level of excited anticipation? If yes, what is it for, what lights you up. If not, why not, what's missing, what would make the difference?

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

CONNECTION TO PEOPLE

Are you staying connected to friends, seeing people in person (not just keeping up on social media). Do you feel like you have found your tribe, that you are connected to people that pull you up, that inspire you?

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

CONNECTION TO NATURE / SPIRIT

Do you connect with mother nature daily? This can be as simple as planting your feet on the grass and putting your face in the sun, having fresh flowers in your house or walking outside to get your body moving rather than simply hopping on a treadmill. Regardless of your faith, understanding that there is a power that is higher than us, be it Mother-Nature, God, The Divine, The Universe … taking time to feel that love and connection each day is crucial.

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

HOW MINDFULLY AM I NOURISHING MY BODY?

Are you feeding your body with the gifts from mother nature or from foods supplied by a laboratory. (You know what I'm talking about) Are you eating foods that fuel vitality and life? What is working for you and what isn't.

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

HOW MINDFULLY AM I MOVING MY BODY?

Are you feeling fit and strong? Are you moving with intention daily? If not, what do you enjoy? Walking, belly dancing, yoga, weights, swimming, rollerblading, surfing …?
What is working for you and what isn't.

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

PERSONAL CARE / SELF LOVE?

How are you caring for you? Morning routine, sleep habits, skin/hair/nail care, rituals, how do you dress your body (just to cover up or to feel beautiful), prioritising things that fill-up-your-cup … creative pursuits? What is working for you and what isn't.

NAME _____ DATE _____

WHERE AM I RIGHT NOW? HONESTLY!

YOUR ENVIRONMENT

Your home. Is it a place where your soul can settle or is it an overwhelming hub of stress? What's working, what isn't and how would you like it to look and feel in 12 months? Are you using lots of harsh chemicals or are you utilizing the gifts, to your health and home, that more natural products can give?