

# A HEALTHY ME IN 2019

What does a healthy you *look* like?

## 1. Describe a healthy day.

*Consider your sleep, nutrition, physical activity, relationships, hydration, mental health, hygiene, self talk...*

Note: It doesn't sound like...

*I need to drink more water.*

*I need to be more active...*

Instead, it would be...

*I wake up at... I eat... I....*

Describe in detail, an ideal healthy day  
for you. Take us through from wake up to bedtime.



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## 2. Now create an action plan.

*How will you work towards making it happen?*

Don't go overboard here.

We can't do everything.

Think of little tweaks or changes that you could easily make over time.

Maybe there's one particular action, that you know, would have a positive ripple effect.

"When we visualize our desired outcome, we begin to "see" the possibility of achieving it. When this happens, we are motivated and prepared to pursue our goal."

How to Use Visualization to Achieve Your Goals  
(Huff Post)

\*a great article that goes through the physical changes in your brain when you visualize goals.  
Google it!



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