



A healthy lifestyle is more than just emotional, mental, spiritual, or physical health. It’s about being content with yourself and with what you already possess. Start investing in your health today!

**Do’s**

1. Take control of your body, mind, and spirit.
2. Live a purposeful life.
3. Do work that adds value to your life.
4. Have a positive attitude towards life.
5. Find your balance.
6. Accept your self-worth.
7. Laugh more often.

 **Don’ts**

1. Do not take your health for granted.
2. Do not make excuses for your actions.
3. Do not blame other people for your shortcomings.
4. Do not make bad decisions.
5. Do not limit your opportunities in life.
6. Do not take your life for granted.

Begin early to reverse any negative health effects and reset your body. Make changes to maintain a healthy lifestyle because it is the only way to heal.

***“The greatest wealth is health.”***

* *Virgil*

You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

***Take Responsibility for Your Health***