

CULTIVATE YOUR ALIVENESS WORKSHEET

At Health Coach Institute, it's our mission to help others embrace their aliveness and we want to help YOU **make this year your BEST ever.**

It all begins with cultivating healthy habits that nourish the "Big 5" areas of your life: **Health, Money, Love/Relationships, Career, and That Which Is Greater** (God, the Universe, or whatever greater power moves you...)

Practice this daily morning and evening ritual of affirmation, gratitude, self-acceptance, and cultivating habits that nourish your Big 5...and watch the transformation happen!

MORNING RITUAL

Do this upon waking...

Step 1: Declare out loud your mantra (example: I am POWERFUL)

Step 2: Write down 3 things you're grateful for today

Step 3: Describe how you will nourish your Big 5 today



For my Health
today, I will



For my Money
today, I will



For my Love/
Relationships
today, I will



For my Career
today I will



For That Which
is Greater today,
I will

EVENING CHECK-IN

Do this right before bed...

Step 4: Write down something amazing that happened today

Step 5: Explain how you nourished yourself in your Big 5 today



Today I nourished
my Health by



Today I nourished
my Money by



Today I nourished
my Love/
Relationships by



Today I nourished
my Career by



Today I nourished
That Which is
Greater by

Step 6: Describe how you feel (example: I feel calm. I feel accomplished. I feel fulfilled.)

Step 7: Praise yourself for what you accomplished today & meditate on your mantra as you drift off to sleep

*Did you enjoy this exercise?
Discover how you can master healthy habits that serve you
for life with a rewarding Health Coaching career.*

LEARN MORE:
CALL (877) 914-2242