

Vibrant Habits



- I eat at least 3 to 4 servings of non-starchy vegetables every day.
- I eat at least one serving of berries or citrus.
- I eat fish or seafood at least a few times a week.
- I eat more real, whole food than processed or junk food.
- When I use oil for cooking or for salads, it's usually olive oil or avocado oil.
- When I need a sweetener, I usually choose something natural like real maple syrup, raw honey, agave, or coconut sugar. Or I don't usually use sweeteners.
- I don't eat gluten.
- I avoid dairy products.
- I buy fresh organic food whenever I can.
- I have some nuts and/or seeds on most days.
- I have one or fewer alcoholic beverages each day (or I don't drink alcohol at all).
- I take vitamins and minerals and/or other supplements (such as probiotics or herbs) to be sure I get everything I need.
- I exercise for at least a total of 150 minutes a week (that's about 30 minutes, five times per week).
- I go on walks at least a few times a week.
- I lift weights or do bodyweight exercises once or twice a week.
- I do some kind of stretching or yoga at least once or twice a week.
- I consciously work on improving my relationships with my partner, family, and/or friends.
- I am happily married or otherwise partnered with someone who is loving and supportive, and/or I have a close friend or small group of friends I can always confide in and rely on.
- I do something social at least once a week—even if it's a "virtual" social gathering.
- I take at least 20 minutes for myself on most days to meditate, pray, breathe, or just relax.
- I sleep 7 to 9 hours every night.
- I can tell when I get stressed, and I try to do something about it.
- When I'm stressed-out, worried, anxious, or sad, I talk to somebody about it, formally or informally.
- I only take medications when it's absolutely necessary.
- I use mostly natural cleaning and personal care products.
- I don't catch colds or get the flu very often.
- I don't have any serious allergies.
- I often think about what my purpose in life might be, and I try to fulfill it.
- I believe in something greater than myself.
- I have my faults, sure, but I have compassion for myself.

Habits to Phase Out



- I eat fast food or takeout food and/or eat in restaurants more than once a week.
- I don't cook.
- I eat or drink something containing sugar or artificial sweetener on most days (soda, diet soda, loaded coffee, sweet tea, fruity drinks like lemonade or fruit punch including the "zero calorie" kinds, cocktails with sweet mixers).
- I have a serious caffeine habit! I have more than two caffeinated beverages on most days (like coffee, black tea, or cola).
- I love me some fried food! Mmmm, French fries!
- I'm addicted to cheese (and/or ice cream)
- I don't eat vegetables very often.
- I don't eat fruit.
- I'm a chocoholic. I can't control myself!
- I eat a lot of saturated fat, like in steak, pork chops, burgers, bacon, eggs, ham, and deli meats.
- I have red meat or processed meat (like bacon, sausage, or deli meats) on most days.
- I eat a lot of refined grain products on most days, like bread, pasta, pizza crust, tortillas, crackers, bagels, white rice, and baked goods.
- Sure, I eat gluten. Gluten-free is just hype.
- I rarely drink water.
- I don't exercise on most days.
- I never lift weights.
- I'm very inflexible and don't stretch.
- I sit for 8 or more hours per day.
- I don't sleep very well, waking a lot during the night.
- I get less than 7 hours of sleep on most nights.
- I don't feel supported by the people in my life.
- I don't have anyone I can easily confide in.
- I don't have a life partner or truly close and supportive friends, and I feel incomplete because of it.
- I drink more than one alcoholic drink on most days.
- I take over-the-counter medications, like ibuprofen, antacids, or allergy medications, more than twice a month.
- I am more than a little overweight.
- I admit that I complain a lot.
- I know I spend too much time on my phone.
- I have a stressful job.
- I let stress, anger, or other unresolved negative feelings build up because I don't want to deal with them.