

25 HABITS THAT ARE MAKING YOU AGE FASTER.

1. You love meat.
2. Your life is mostly in the sitting down position.
3. You missed the memo that good fats are healthy, and you are sticking to a low-fat diet.
4. You are driven by eating sugar (white flour is sugar)
5. You have given up on exercise.
6. You don't do green, veggies, tea, you just don't.
7. All your grains are white, and by that, I mean bread, rice, pasta, and other baked goods.
8. You don't sleep well most nights.
9. You like fish but not as your food.
10. You're constantly stressed out.
11. Coffee is your jam, and ALOT of it.
12. When it comes to alcohol consumption, one more is never enough.
13. You still use margarine.
14. Fried food is way too satisfying to turn down, give me that burger and chips NOW!
15. Pepperoni, bacon, sausages, jerky, deli meats, these processed, salty treats are a regular part of your diet.



- 16. Most of your meals are microwavable.
- 17. You still smoke, not only is it ageing you, its possibly sending you broke!
- 18. You live with negative attitude 'nothing goes your way or there's always a drama in your life'.
- 19. You have stacked on the pounds.
- 20. Medications to ease pain and stress are a frequent habit now..
- 21. You hold on to past arguments and dramas from the past.
- 22. You consume heaps of dairy products.
- 23. You choose soda over water.
- 24. You don't pay attention to what's in your personal hygiene products, they could be infused with harmful chemicals.
- 25. Cardio is your go-to exercise, there is no time for strength training to power up those muscles that support your bones.

No need for panic, if you've answered yes to many of these lifestyle habits, there are so many alternatives to live by, that can wind back the age of your body and mind, it just takes change, one step at a time.

USE THE HABIT CHANGE WORK SHEET TO HELP YOU CREATE THAT FIRST NEW HEALTH HABIT; REMEMBER START WITH SOMETHING EASY AND ACHIEVABLE TO BEGIN THE CHANGE.



21 DAYS YOU CAN CREATE A NEW HABIT :

In 3 weeks I will feel amazing because of this: _____

Accountability

GOOD ↑
HABIT

WHY IS IT SO IMPORTANT I DO THIS?

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I WILL DO THIS BECAUSE:

- I AM BRILLIANT.
- I DESERVE THIS.
- I HAVE SUPPORT.
- IT'S EASY.

HOW IS MY MOTIVATION?!



WHEN I FEEL LIKE GIVING UP, I WILL:

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