

# HEALTHY HABITS WORKSHEET

*Nourishing the mind, body, and spirit*

Date \_\_\_\_\_

<b>HEALTHY HABITS/ SELF-CARE</b>	On a scale of 1 (low) to 10 (high) where would I currently rate myself in each of the following areas?	What's one thing I could do to improve in this area?
<b>Sleep</b>	1 2 3 4 5 6 7 8 9 10	
<b>Water</b>	1 2 3 4 5 6 7 8 9 10	
<b>Physical Nourishment / Healthy Food &amp; Fuel Medication/Supplements</b>	1 2 3 4 5 6 7 8 9 10	
<b>Physical Exercise/Weights</b>	1 2 3 4 5 6 7 8 9 10	
<b>Mental &amp; Emotional Nourishment/ Affirmations/ Positive Self-Talk</b>	1 2 3 4 5 6 7 8 9 10	
<b>Relaxation/Meditation/Yoga</b>	1 2 3 4 5 6 7 8 9 10	
<b>Spiritual Nourishment</b>	1 2 3 4 5 6 7 8 9 10	
<b>Other Self Care</b>	1 2 3 4 5 6 7 8 9 10	