

GRATITUDE JOURNALING

Breathwork

Breathwork Option (Circle one): Calming | Alternative Nostril | Lion's Breath | Breath Focus

Before Breathwork I felt:

After Breathwork I felt:

Healthy Living Guidelines

ADD:

Sleep

Water

Exercise

Juice Plus with Plant-Based Omegas

Whole Food Nutrition

ELIMINATE/REDUCE:

Dairy

Sugar

Gluten & Wheat

Alcohol & Caffeine

Toxins & Processed Foods

Today I am feeling

I am grateful for