

Longevity Swot JOURNAL



DATE

S M T W T F S

"TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE." - JIM ROHN

HOW I'LL COMMIT TO MY LONGEVITY TODAY

POSITIVE FOOD HABITS

WHAT

WHY

MOVEMENT PLAN

TYPE

DURATION

WHEN

DAILY STEP GOAL

CONNECTION (WHAT; WHEN; WITH WHOM).

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM

MY 3 X 2 TIMESLOTS FOR FOCUSED BREATHING

Longevity Swot

REFLECTIONS

DATE

*"HEALTHY HABITS ARE LEARNED
THE SAME WAY AS UNHEALTHY
ONES - THROUGH PRACTICE" -
WAYNE DYER*

WHAT DID I DO WELL TODAY AND AM PROUD OF?

WHAT WILL I DO BETTER TOMORROW?

HOW DO I FEEL?

WHAT AM I GRATEFUL FOR?

HOW DO I COMMIT TO WINDING DOWN TO SLEEP?

