

Physical Well-being BMG's

1. I maintain an elevated level of physical awareness to all things healthy, at all times.
2. I am committed 100 percent of the time to upholding my integrity and navigating life within the parameters of ALL my established beliefs, mindsets, and goals.
3. I am on a mission to become health minded, self-care minded, and Qualitarian minded for life.
4. I understand that my mental, emotional, and spiritual well-being is directly connected to my physical health, weight management, and overall well-being.
5. I see my physical struggles, hardships, and obstacles as temporal, improvable, and sometimes reversible.
6. I take full responsibility for my physical condition, health choices, and physical actions.
7. I am a health minded “thinker” who daily monitors, examines, and measures my thoughts, self-talk, choices, and physical actions against my established beliefs, mindsets, and goals.
8. I focus and maintain mental and emotional discipline to resist temptations, giving up, or quitting on myself and my BMGs.
9. I refrain from all harmful and unhealthy substances.
10. I maintain and sustain energy, mobility, strength, flexibility, and endurance through regular physical activities.
11. I reserve time for physical decompression: regrouping, restoration, physical repair, meditation, socializing, having fun, and laughing as much as possible.
12. I prioritize functional health over superficial looks and appearance.
13. My physical lifestyle is an accurate representation of my physical beliefs, mindsets, and goals.
14. I am humble; I ask for and receive help.
15. I faithfully stick to my exercise routine on a daily basis.
16. I coach myself as I would a loved one; I am my biggest fan and advocate.

◆◆◆ I never navigate my physical well-being with excuse making, blaming, lies, half-truths, substance abuse, smoking, binging on food or alcohol, inactivity, laziness, self-criticism or body shaming, or compromising my physical beliefs, mindsets, and goals. I do not resort to self-pity, or helplessness.