

Personal Reflection Exercises...

I can neutralize bad habits with good food exercise and healthy living.



I can neutralize bad habits with good food, exercise, and healthy living.

I have access to a vast library of knowledge about life, and with this knowledge I can neutralize bad habits with good food, exercise, and healthy living. It may take courage to make a positive lifestyle change, but I am fully confident that I will see great success in my life.

I no longer want to live in fear of habitual distaste. I want to enjoy my life now and in the years to come. The only way to do this is to make positive choices. ***I want to live a long and full life.***

The world is addicted to things that are not good for them. It may seem as though no one cares for the consequences, but I am not among that number. I am *choosing* change.

I hold no reservations about my decision because I know it will only make me stronger, healthy and better.

It is time to stop the bad habits and replace them with strong, positives ones.

I want to set an example for others. I want to be accountable for the actions that count. I aim to be the person who speaks out against bad habits and addictions and I long to see others follow in my footsteps.

For too long, we have been a nation that looks for the quick way out. I won't join in the long line of fast food or addition, but instead, ***I choose to continue to embrace my new life.***

I have no regrets for the decision I have made. Rather, it has given me a renewed outlook on life that I so very much deserve.

Self-Reflection Questions:

1. What can I do to change my bad habits?
2. How will I use my new experience to help others?
3. What else can I do to live a healthy life?