



Is this a healthy choice
for me?



"USE THE FOLLOWING QUESTIONS TO EVALUATE WHETHER OR NOT CERTAIN FOODS, PEOPLE, PRODUCTS, AND/OR SITUATIONS WILL CONTRIBUTE TO YOUR OVERALL WELLBEING."

1. HAVE I CONSIDERED THE WHAT AND THE WHY?
 2. DOES THIS ALIGN WITH MY GREATER LIFE GOALS?
 3. DOES THIS MAKE ME FEEL GOOD (BOTH PHYSICALLY AND EMOTIONALLY)?
 4. DOES THIS NOURISH ME (IN MIND, BODY, AND/OR SOUL)?"
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