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**Healing is the reward for being healthy.**

*~Arminda Colón*

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- ▶ **1** What led you to the point you are at today, where you are ready to make a change?

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- 2** If you have specific health challenges you want to resolve please list them below.

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- 3** What do you believe that you need in order to succeed in reaching your health goal(s)?

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- 4** What does optimal health look like to you?

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**Let's talk about friends and family...**

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5 Name your biggest supporter.

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6 Name the person who discourages you the most.

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7 Are you trying to make better food choices but finding it hard for your family to try or accept your choices?

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When your **mind is set**, then you are ready to begin.  
~Arminda Colón

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8 Think about the last time you got really excited. How did your body react?  
ex. chills, goosebumps, sore facial muscles, racing heartbeat

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9 When you think about reaching your health goals, does your body react in a similar way that it did when you get excited? Please explain.



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**10** In a month's time, how often do you pamper yourself?

- 1    2    3    4    5    6    7    8    9    10

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You've reached the end :) so what was that all about??

Step 1 -> Identification: Self health is about loving yourself enough to care for your body, your vehicle, by providing it with balanced nutrient filled fuel. When you feel you have learned all that you can, it's time to step your game up. Roots-R-Us is here to guide your through your journey so you don't have to do it alone.

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