

Before You Start...

I'd love for you to fill out this questionnaire. Then, when you're on the journey, you can come back to it and see just how far you've come. If you follow all aspects of *The Healthy Life* plan, I promise your answers will change dramatically in a matter of weeks.

1. How do you feel right now, emotionally and physically?

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2. What is your greatest health challenge?.....

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3. At what point in your life did you feel your best?.....

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4. What do you feel is stopping you from being your best right now?.....

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5. What are your main health goals?.....

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6. How do you take care of yourself right now?.....

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7. Do you feel incredibly alive and present in your life?

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Identifying a problem is the first step to solving it. If you can articulate what is holding you back or making you unhappy, you'll have a better chance of envisioning the path in front of you.

Use #thehealthylife and #jshealth on Instagram to let everyone know how your new and improved lifestyle is going. Remember, we're all in this together.

Commitment Contract

I promise to embark on this health journey with optimism.

I am dedicated to making health a priority – the number one priority – in my life.

I will be honest and patient, and continue to make small changes to have a big impact.

I promise to forgive myself for any choices or attitudes I had in the past, and look to a brighter, happier, healthier future.

I will remind myself daily that I am enough just as I am.

I relieve myself from the need and desire to look and be perfect.

And I will commend myself for putting in the effort to better my health.

Name:

Date: