

Six Pillars of Health

This exercise is designed to help you discover and celebrate your current habits. Think through each pillar of health: What behaviours are you currently doing in each area? What good habits to you already have?

Nutrition	What do you do to nourish your body? What do you avoid? What do you intentionally include in your diet?	
Exercise	How do you move your body?	
Sleep	What is your sleep hygiene like? What steps do you take or have you taken to get a good night's rest?	
Stress Tolerance	What are your stress management techniques? How do you cope with stress? What eases tension in your life?	
Relationships	How do you nurture your relationships? How do you connect with the people in your life?	
Purpose	What are you doing to live out your purpose? What gives your life meaning? What values are you living out?	

Example:

<p>Nutrition</p>	<p>What do you do to nourish your body? What do you avoid? What do you intentionally include in your diet?</p>	<p><i>-Drinking water in the morning and at the gym</i> <i>-Buying organic</i> <i>-Not eating right before bed</i> <i>-Packing a lunch</i> <i>-Eating fruit as a snack</i> <i>-Not drinking alcohol</i></p>
<p>Exercise</p>	<p>How do you move your body?</p>	<p><i>-Walking my dog</i> <i>-Taking the stairs</i> <i>-Yoga once a week</i> <i>-Track my steps</i></p>
<p>Sleep</p>	<p>What is your sleep hygiene like? What steps do you take or have you taken to get a good night's rest?</p>	<p><i>-Go to bed at the same time every night (10pm.)</i> <i>-Have a good mattress</i></p>
<p>Stress Tolerance</p>	<p>What are your stress management techniques? How do you cope with stress? What eases tension in your life?</p>	<p><i>-Get enough sleep</i> <i>-Yoga</i> <i>-Use a meditation app sometimes</i></p>
<p>Relationships</p>	<p>How do you nurture your relationships? How do you connect with the people in your life?</p>	<p><i>-Prioritizing time with my kids</i> <i>-Calling mom once a week</i> <i>-Date nights</i></p>
<p>Purpose</p>	<p>What are you doing to live out your purpose? What gives your life meaning? What values are you living out?</p>	<p><i>-Volunteering at my kid's school</i> <i>-Watching my kids grow up</i> <i>-Traveling to new places (adventure)</i></p>