

My Best Health

WHY

Being at your optimal health helps reduce stress, boosts dopamine and serotonin, boosts energy, increases your performance, helps provide better sleep, increases your level of fulfillment and joy for life. Your My Best Health plan is something that you create based on whatever your health goals may be. You decide what living and being at your best health will look like and what healthy habits you will commit to.

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field or endeavor.

—Vince Lombardi

WHAT IS YOUR WHY?

I must achieve my best health at this time of my life because—

By doing this I will specifically feel—

If I don't do this now, the negative consequences I will experience be—

In order for me to get in the best health of my life, 3 habits I must stop doing are—

In order to get in the best health of my life 3 habits I must do are—

Weekly Commitments

EXERCISE

What do you commit to for your weekly exercise ritual? *(Example 1: walk 3 days/ week for 20 minutes around your neighborhood and do 10 minutes of jump rope or jumping jacks once/day. Example 2: Run 2 days a week for 30 mins and lift weights at the gym 3 days/week.)*

What are your exercise SMART goals for the year? *(Examples: run three 5K organized races during the year. Get my waistline down to XYZ by xx/xx/xx. Get to my optimal weight of XYZ by xx/xx/xx.) Try and be as specific as possible.*

SLEEP

Studies have proven that optimal sleep is 7-8 hrs per night. How many hours of sleep per night will you commit to? _____

What will be your new bedtime:

Sun - Thurs? _____ Fri - Sat? _____

What is one way you could improve the quality of your sleep? *(Example: cut out screen time at least one hour before bed, stay consistent with your bedtime and wake up time during the week)*

NUTRITION

What will you commit to for your weekly nutrition plan? *(Examples: 8 glasses of water per day, eat vegetables twice per day, limit desserts to once per week, will not eat past 7:30pm Mon - Fri.)*

What are your daily musts for your nutrition?

What 3 foods will you eliminate and what will replace them with?

SPIRITUALITY

What will you commit to for your weekly spirituality plan?

What am I grateful for in my life right now?

What do you commit to for your morning ritual?

What books do you commit to reading this year?

ACCOUNTABILITY

WEEKLY CHECK POINTS

Sundays are a perfect time to have a weekly check point to see how did the previous week. Evaluate what worked well and what needs improvement for the upcoming week.

WEEKLY QUESTIONS

1. What did I do really well this week as it pertains to my health goals?
2. What is one area of improvement I must make for next week?
3. What is one thing I can do improve my results by 1%?

CONTRIBUTION

Who else will benefit by you being in the best health of your life?

How will they benefit? How will they lose out by you not committing to this?

Commit to sharing your My Best Health plan with 3 other people and encourage them to give it a go if you think they would benefit. Tony Robbins says, "the secret to living is giving." You can share this decision with others and radically change their lives and start the ripple effect of positive health outcomes.

Signature w/ date: _____

How will you hold yourself accountable each week? (Example: get an accountability partner, use morning and evening questions)

What will be the things that could derail you from your health goals?

How will you positively respond to them when they appear?

How will you feel 6 month from now, 12 months from now because of your decision?

Where will you keep your My Best Health plan so you can review it consistently?

Cheers to your best health!

—David Brackett

