# Personal Reflection Exercises...

## I Avoid Taking My Health For Granted

I a**void taking my health for granted.**

A healthy body and mind help to create a successful life. I am conscious of that reality and use it to drive how I take care of myself.

**The care I give to my body helps me to function better each day**. When I exercise each morning, I feel energized. I am able to take on the day's challenges with enthusiasm. Stress has less of an impact on me when I start the day off with a workout.

Even when I feel naturally energized, I avoid skipping my workout. **I stay away from assuming that exercise is unimportant because I feel good.** The same thought process drives my food choices.

I know that even when I feel healthy, it is possible that bodily functions are being compromised. I avoid going on binges of unhealthy eating. Each day is a chance to feed my body well.

**I make regular visits to my doctor to ensure all is well.** When I am criticized by my friends as being overly health conscious, I ignore them.

The steps I take to ensure good health help to create a better future for me.

Today, I treasure the one body that I have. It is my temple and deserves to be treated as such. My mission each day is to be good to my body so my body can be good to me.

**Self-Reflection Questions:**

**1. How do I make time for fitness during my busiest days?**

**2. What can I do to keep abreast of new fitness and health discoveries?**

**3. How do I make adjustments after ignoring my health for a few days?**