

Health **is** Wealth

What is in your health portfolio?

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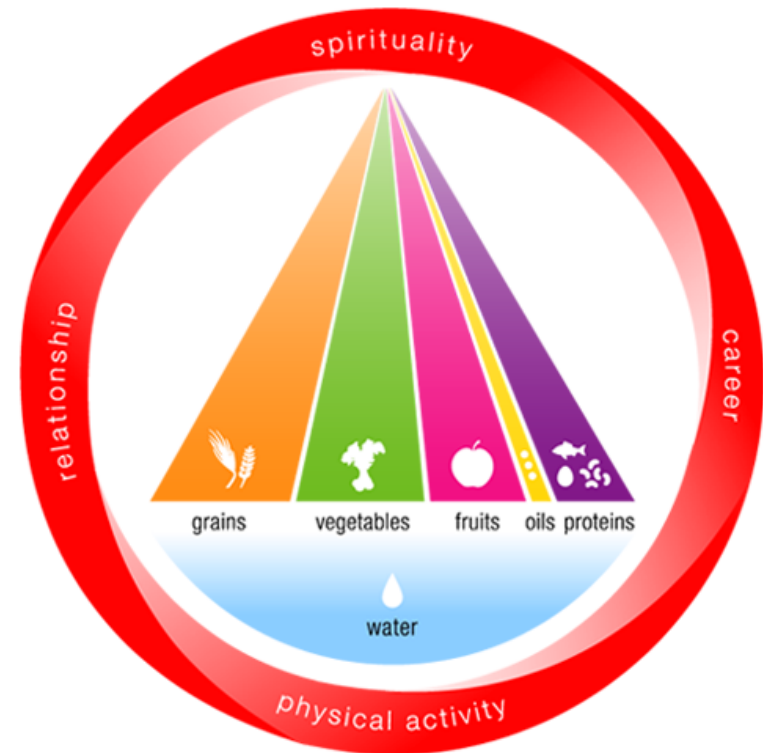
Love Yourself to Health with Jeanine Finelli

www.jeaninefinelli.com

- Do you need to invest a little more in your well being?
- Do you need to restructure how and where you spend your precious time?
- Are you in energy debt?
- Are you spending your dollars on unhealthy items?

To the right, you will find the diagram of a different type of Food Pyramid. One that clearly brings in not only nutrition, but all the other areas of life that “feed” us. Those areas, which are Spirituality, Career, Relationships, and Physical Activity, all affect our mood, energy level, cravings, and ultimately our health!

Take a moment to notice the elements of the Pyramid of Life. Then read the questions below, and answer them as best you can. I encourage you to do this in a personal setting so you will not be judged by anyone for your answers. Be open and honest with yourself! When you are done with filling it out, you will have a better understanding of where you are out of balance in your life, and what areas of your wellness just might need a deposit!



 Institute for Integrative Nutrition
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*Don't wait another day to
Love Yourself to Health!*

Health Portfolio Evaluation

Why do I want to become healthier?

Do I nurture my body with healthy, nutrient rich foods? If not, why?

Might my diet be affecting my mood, sleep, PMS, or energy level?

What percentage of my meals is home cooked?

Do I communicate effectively with my loved ones on what my needs are?

What are some positive ways I can do that?

Are any of my relationships a source of stress?

Who are my Code Orange relationships? Those are relationships that pose a threat and sabotage my wellness efforts?

Who are my Code Red relationships? Those are relationships that are a constant threat to my success, and leave me feeling bad or depressed? These relationships seem to always derail my efforts for wellness.

How does my career support my wellness goals?

How might my career sabotage my wellness goals?

Where does exercise fit into my life?

Could I find time for just a little bit more exercise if it meant better health and weight?

Do I nurture my Spirituality and does it strengthen my ability to reach my goals?

Are finances a source of stress?

Do I sleep well and feel rested most of the time?

How would I feel if I had more balance and consistency in my life?

What is holding me back from feeling better, more alive, stronger and happier?

Now that you have completed your health portfolio consider what goals you can set or what steps you can take to bring balance to your life and remember;

Eat and live like your life depends on it - because it does!
Contact Jeanine to find out how.

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