

CORE VALUES

DR HAPPINESS: WHAT WAYS DO I CREATE HAPPINESS FOR MYSELF WITHOUT EXPECTATIONS FROM OTHERS? E.G. READING, ART, DANCE, MUSIC, PLAY, NATURE ETC.

I AM HAPPY WHEN I:

DR QUIET: I AM MOST RESTED AND CENTRED WHEN I:

SLEEP FROM _____ PM TO _____ AM

NAP AT WHAT TIME OF DAY? _____

I PERFORM SLOW EXERCISE, (YOGA/TAI CHI) WHEN EACH DAY? _____

AND FOR HOW LONG? _____

I HONOUR REST DAYS: FROM WORK WHICH DAYS OF THE WEEK? _____

I HONOUR REST DAYS FROM EXERCISE WHICH DAYS OF THE WEEK? _____

I CREATE TIMES FOR RELAXATION IN THE FOLLOWING WAYS:



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DR DIET: I FEEL BEST WHEN I EAT FOR MY INDIVIDUAL NEEDS AND COMMIT TO FOLLOWING DR. DIET VALUES:

- ORGANIC PRODUCE AND FLESH FOODS.
- EAT FOODS BASED UPON SEASONAL AVAILABILITY
- ROTATING FOODS FOR VARIETY.
- EAT MEALS AT REGULAR TIMES EACH DAY.
- DRINK 0.03 LITRES OF WATER PER KG OF BODY WEIGHT PER DAY (NOT TAP WATER).
- I USE DIET LOGGING TO INDIVIDUALISE MY FOOD AND DRINK NEEDS MEAL-TO-MEAL.
- I AVOID THE FOODS I KNOW EXACERBATE MY ACNE.

DR MOVEMENT: I FEEL BEST WHEN I BALANCE WORKOUTS WITH GENTLE FORMS OF EXERCISE:

WORKOUT _____ X PER WEEK FOR HOW LONG? _____

GENTLE EXERCISE _____ X PER WEEK FOR HOW LONG? _____

(GENTLE EXERCISE INCLUDES, SLOW MOVEMENTS, GENTLE FORMS OF YOGA, TAI CHI, QI GONG, WALKING IN NATURE)

