

## Self-Care Investment Account

### Healthy Habits

Water  
Foundation Exercises  
Walking  
Massage  
Fun/Sweaty activities  
Foam Roller  
Posture awareness  
White Space  
3 Hour Rule  
Slow food  
Whole Foods  
Extra Virgin Olive Oil  
Flaxseeds  
Cod Liver Oil  
Wheatgrass  
Spirulina/Chlorella  
8 hours of Sleep  
Deep Breathing  
Oatmeal on the run  
Big Salad  
6 ounces water/hour  
Pomegranate Juice  
Agave Nectar/Stevia  
Chewing your food  
Positive attitude

### Roadblocks

### Unhealthy Habits

Soda Pop  
Poor Posture  
Sedentary lifestyle  
Lack of White Space  
Sedentary lifestyle  
Tight muscles  
Rounding shoulders  
Unable to shut it down  
Skip meals  
Fast food  
Processed foods  
Processed oils  
Trans-fats  
Self-medicated  
High fructose corn syrup  
Over Medicated  
Less than 6 hours of sleep  
Shallow chest breathing  
Skipping breakfast  
Fast food burger  
Coffee  
Energy drink  
Artificial Sweeteners  
Eating too fast  
The sky is always falling!

Balanced pH

Cardiovascular Exercise

Stretching

Meditation

Cold Shower

Healthy thoughts

Walk barefoot in the grass

Brand Favorites

Upgrading

Increase my range

Growth

Young Living Toothpaste

Kiss My Face Liquid Rock Deodorant

Almond oil for skin

Avalon Organics shampoo/facial moisturizer

Oral B Power Toothbrush

Kindness

Love

Joy

Open mind

Strength training

Laughter

Yoga

Pilates

Planned recovery

Tai Chi

Take a vacation