

# 3 Keys to Radiant Vitality

## Re-Write Your Food Story

### WORKBOOK



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# THE TRINITY OF RADIANT VITALITY



What's the #1 Killer of Vitality? \_\_\_\_\_

Best Ways to Beat Stress:

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What Kind Of An Eater Are You?

- Slow
- Medium
- Fast

Is eating FAST contributing to any digestive concerns or issues with weight loss?

How many times a day are you creating low-level stress? \_\_\_\_\_

List some of those ways:

What are you doing to promote RELAXATION state?

Your CURRENT Food Story:

Your NEW Food Story:

## **TAKE ACTION**

Rate yourself of a scale of 1 to 5. If less than a 5, what needs to change to make it a 5 for you?

### **EXERCISE**

Cardio Score:

*What needs to change to make this a 5 for me?*

Strength Score:

*What needs to change to make this a 5 for me?*

Stretching/Flexibility Score:

*What needs to change to make this a 5 for me?*

### **NUTRITION**

Hydration Score:

*What needs to change to make this a 5 for me?*

Real Food Score:

*What needs to change to make this a 5 for me?*

Supplements Score:

*What needs to change to make this a 5 for me?*

Fasting / Not Overeating Score:

*What needs to change to make this a 5 for me?*

## **REST & RECOVERY**

Rest Score:

*What needs to change to make this a 5 for me?*

Time in Nature Score:

*What needs to change to make this a 5 for me?*

Massage / Acupuncture Score:

*What needs to change to make this a 5 for me?*

Meditation Score:

*What needs to change to make this a 5 for me?*

Fun Score:

*What needs to change to make this a 5 for me?*

CHOOSE 3 MICRO GOALS TO COMPLETE IN THE NEXT 24 HOURS

- 1.
- 2.
- 3.