

# TogetheriCan

19

October

## HABITS OF HEALTH DEFINED - WHAT ARE THEY



### **Habits of health Defined - what are they**

**Habits of health** would be those habits you've developed that lead you towards a more serene, peaceful life. A life of acceptance, not resignation, but an honest gut level recognition of who you are and what you are.

Habits of health leave you with an **attitude of gratitude and one of hope**.

Habits of health normally depend upon delayed gratification. The idea of practicing **Simple Disciplines** over a long period of time.

**Habits of disease** would be those habits that you've developed, which keep you in a dejected, depressed world of distress. Nothing works, nothing helps, I'm never going to get better attitude.

Habits of disease leave you with an **attitude of despair**.

Habits of disease usually use instant gratification to mask a problem. They continually use **Slight Errors in Judgment** thinking that (a delusion) will lead them to a place of peace.

**Habits of health** are not just those that lead to physical well-being. They also apply to mental clarity, as well as having a Spiritual connection with something greater than yourself.

For a list of a few habits of health, visit our Resources.

Or give us a call at 619-722-0264

We provide free health coaching for those desiring to lose weight, get off medications, or just want to feel better!

You have the answers, we provide you with the guidance to discover those answers.

*Michael McCright*

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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