

# CULTIVATE YOUR ALIVENESS WORKSHEET

At Health Coach Institute, it's our mission to help others embrace their aliveness and we want to help YOU **make this year your BEST ever.**

It all begins with cultivating healthy habits that nourish the “Big 5” areas of your life: **Health, Money, Love/Relationships, Career, and That Which Is Greater** (God, the Universe, or whatever greater power moves you...)

Practice this daily morning and evening ritual of affirmation, gratitude, self-acceptance, and cultivating habits that nourish your Big 5...and watch the transformation happen!

## MORNING RITUAL

Do this upon waking...

**Step 1:** Declare out loud your mantra (example: I am POWERFUL)

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**Step 2:** Write down 3 things you're grateful for today

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**Step 3:** Describe how you will nourish your Big 5 today



For my Health  
today, I will

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For my Money  
today, I will

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For my Love/  
Relationships  
today, I will

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For my Career  
today I will

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For That Which  
is Greater today,  
I will

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HEALTH COACH INSTITUTE

# EVENING CHECK-IN

Do this right before bed...

**Step 4:** Write down something amazing that happened today

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**Step 5:** Explain how you nourished yourself in your Big 5 today



Today I nourished my Health by

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Today I nourished my Money by

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Today I nourished my Love/ Relationships by

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Today I nourished my Career by

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Today I nourished That Which is Greater by

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**Step 6:** Describe how you feel (example: I feel calm. I feel accomplished. I feel fulfilled.)

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**Step 7:** Praise yourself for what you accomplished today & meditate on your mantra as you drift off to sleep

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*Did you enjoy this exercise?  
Discover how you can master healthy habits that serve you  
for life with a rewarding Health Coaching career.*

**LEARN MORE:  
CALL (877) 914-2242**