








# Follow-up Actions for Pillars

Review your 7 Pillars assessment and note in the chart below the actions you plan to take to improve in each of the areas for which your assessment showed a challenge.

Pillar	Notes and Action Plan
 <p>LOW STRESS</p>	
 <p>STRONG VALUES &amp; VISION</p>	
 <p>SLEEP</p>	

 <b>HEALTHY DIET</b>	
 <b>EXERCISE</b>	
 <b>CLEAN ENVIRONMENT</b>	
 <b>FUN</b>	

# Personal Emotional Eating Strategy Statement

**When I feel** (emotions)...

**It drives me to eat** (foods)...

**I usually end up feeling** (emotions)...

**and I have the symptoms of** (physical symptoms)...

**which keeps me from achieving** (goals)...

**Instead of reaching for the** (foods listed above),

**I can** (enjoyable activities)...

**and, as a result, I will feel** (emotions and physical)...

# Letting Go of Limiting Beliefs

*“Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them -- or one that can literally save their lives.” ~Tony Robbins*

## Common Limiting Beliefs:

- ☐ I can't
- ☐ I shouldn't
- ☐ I mustn't
- ☐ I'm not good enough
- ☐ I'm not smart enough
- ☐ I'm too shy
- ☐ I'm sick
- ☐ Money is evil
- ☐ I'm weak
- ☐ If I get too close I might get hurt
- ☐ I might get rejected
- ☐ I can't trust people
- ☐ Success takes sacrifice
- ☐ Self-care is selfish

## Where Limiting Beliefs Come From:

- ☐ Family
- ☐ Culture
- ☐ Media
- ☐ Community
- ☐ Religious Institutions
- ☐ Experiences

Limiting belief are things we've heard over and over again from people we trust. They are not necessarily true, and there are ways to disconnect from them and adopt new empowering beliefs. Among these methods are “making believe” like we did as kids, asking questions that dig deeper and uncover the flaw in the belief, practicing disengagement, and connecting to your dreams and visions.

# Disarm Your Limiting Beliefs Activity

## Make a List of Your Limiting Beliefs:

Make a list of beliefs you hold that might be limiting you from moving forward into the health you desire.

**For example:** *"It's too hard", "I will never be healthy", "My family will alienate me", etc.*

List at least 5 beliefs you hold that are limiting you:

## Disarm Your Limiting Beliefs:

One-by-one, disarm each limiting belief.

1. State the belief.
2. Ask yourself, "Do I believe this is true?"
3. If the answer is yes, ask yourself why the statement is true. Keep asking "why" questions until you no longer truly believe it.
4. Write down an empowering alternate to the belief. i.e. *"I am not strong enough"* becomes *"I am working on getting stronger day-by-day."*

# How to Create a Positive Aspects Journal

**“No matter how dark things seem to be or actually are, raise your sights and see the possibilities – always see them, for they're always there.”**

**— Norman Vincent Peale**

One of the biggest stresses you may have is the feeling of not being “good enough”. If so, you’re not alone.

The “*I’m not good enough*” mindset strikes even the most successful and “together” people. Although they are unlikely to reveal this feeling about their own inadequacies, it’s there nonetheless! Unfortunately, the feeling of being somehow imperfect and inadequate is more common than you think. More unfortunately, this feeling can result in addictive behaviors, eating disorders, and OVERWORK!

Feeling “not good enough” may express itself as shyness and discomfort about making your requests. It can also appear as self-expressed criticism or even take on an outwardly bold, but inwardly vulnerable, criticism of others. In general, you are your own worst critic. So, **the purpose of this exercise is to make you your own raving fan!**

While it may seem humble or modest, did you know that directing negative thoughts towards yourself is truly a wasted and misplaced use of your energy!? When you focus on the negative and overlook the many, many positive aspects of yourself, you create internal stress that damages your health almost as much as eating Twinkies does!

That’s a bold statement; yet scientific studies, particularly those conducted by the Institute of HeartMath™ ([www.HeartMath.org](http://www.HeartMath.org)) support the finding that holding negative emotions has a negative effect on your health. Self-criticism and self-reproach create disorder in your nervous system, evoke a stress response, and unfavorably affect your heart rhythms and immune system.

Surprisingly, even those with the most beautiful skin, lovely hair, and fit bodies may nonetheless notice and exaggerate their less-than-perfect physical attributes when they look the in the mirror.

## Journal Your Way to Self-Joy

With the **Positive Aspects Journal** you'll begin to focus on the things you LIKE about yourself. And the more you LIKE about yourself, the more you move in the direction of both self-acceptance AND belief in your own ability to achieve your dreams.

Getting in touch with what really matters and having something you are working towards helps determine the positive actions you take on a moment-to-moment basis.

This exercise may evoke strong feelings for you, and you may find yourself a little sensitive about what comes up; however, this activity has the potential to transform stressful feelings that keep you trapped in a body or situation that no longer excites you.

1. Get yourself a notebook that you can dedicate to this process.
2. On the front cover write the title of the book:  
**Celebrating YOUR NAME**
3. Be creative on the cover. Decorate with positive anchors. This can be words or images that elicit positive feelings that represent your passions, interests, and hobbies that you find restful and soothing. Choose images and/or words that represent your values, or in any other way represent who you are and who you are evolving to become.
4. Making your cover should be fun; not something that requires great thought or deliberation. Allow it to take shape from your heart. There's no need to decorate it all at once. When you see a picture, sticker, or image that resonates with you, add it to the cover. It can be a work in progress. There is no right or wrong way to do this.



**Have fun with it!**



## How to Create Your Portable Anchors

1. Get 3 index cards. On one side of each index card, **write your top five core values** with enough detail to remind you about what's important about it and how you feel when you're accessing it.
2. On the flip side of each card, write down your big vision and one juicy bold goal you'd like to accomplish within the coming year.
3. **Carry one card with you at all times.** Tape another to your bathroom mirror and one to your refrigerator. Read the card whenever you are tempted to stray from your health plan. It can be helpful to read over the card whenever faced with a decision that may or may not be in alignment with your core values.



### Other Anchors You Can Use:

- sticky notes can also be scribed with reminders
- reinforcing self-talk
- pages from your **Positive Aspects Journal**
- goals or values posted in places you frequent

Be creative with this technique. Use your portable anchor system to remind you of what matters most to you and to keep you focused on your goal.







## Getting A Good Night Sleep

Sleep is super important for overall health and well-being. It's as important as good food, fresh air, sunshine, exercise, and managing your stress levels. Good quality sleep keeps your hormones balanced, your blood sugar balanced, and your blood clean.

### Tips for Improving Your Sleep

- Stop eating at least 3 hours before bedtime to optimize growth hormone and promote fat burning.
- Turn off bright lights after sunset to encourage natural melatonin production.
- Turn off the TV and the computer at least an hour before bed to optimize melatonin production.
- Meditate, visualize, appreciate, or take a "mini-vacation" before bed.
- Enjoy a warm (not hot) lavender bath before bed.
- Get outside in the natural morning sun (before 1:00 p.m.) to suppress daytime secretion of melatonin and help establish a normal rhythm.
- Use relaxing herbs 30 – 60 minutes before bed, then again at bedtime. Here are a few to check out:
  - Chamomile
  - Milky Oat
  - Valerian
  - Hops
  - Passion Flower
  - Magnolia
  - Kava Kava
- Sleep in as dark an environment as possible and use a sleep mask if there are exterior lights shining in.
- Avoid intense mental activity within 2 hours of bedtime.
- Avoid intense exercise close to bedtime.
- Get horizontal for 30 - 60 minutes before sleep.

## Meal Timing Guidelines

Timing of your food is just as important as the quality of your food, especially when it comes to blood sugar balance. Use the suggestions below to improve the timing of your eating patterns.

- ☐ **Start the day with a protein-rich, low-carbohydrate meal** in order to maximize the rhythm of cortisol, leptin, and insulin. Eating green food and chia seeds with optional protein powder is a great way to begin your day. This combination will cut down on food cravings late in the day and after dinner.

You may have digestive or stress issues that are affecting how many amino acids you're absorbing. The most absorbable source of protein is blended or juiced greens. To start your day with protein, you can load up on readily available amino acids with a green drink, use a plant-based protein powder, or combine the two for a double whammy.

- ☐ **Practice breathing and appreciation** before your meals.
- ☐ **Extend the time between your meals.** The popular belief that eating small, frequent meals is best for maintaining blood sugar balance and optimal weight is not supported by the research or the biochemistry. Ideally, there should be about 5 hours between your meals. If that's not comfortable for you, extend the time between your meals by 15 minutes each day.

Strive for 5 – 6 hours between meals if you can do so without symptoms like severe light-headedness, jitters, or other uncomfortable feelings. If you can't extend comfortably, eat the lowest glycemic and lowest fat meal you can to keep leptin and growth hormone from getting too far out of balance.

- ☐ **Quit eating 3 hours before bedtime** to optimize growth hormone and promote fat burning while you sleep. Having your digestion "turned off" before bed will enhance your body's ability to heal, repair, detoxify, and refresh you for the day ahead.

Adapted from B4 Be Gone Program: [www.B4BeGone.com](http://www.B4BeGone.com)



# Snack Attack Strategy

It's inevitable. It's bound to happen. You're humming along, getting used to the idea of spacing your meals. Yeah, the science makes sense and you're so ready. And then it hits, about midway through the interval between lunch and dinner, and you feel it coming on.

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong.

This is why I created the snack attack strategy that you're about to learn:

## Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

## Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts, or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

## Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're genuinely hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed in order from most to least favorable.

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense (16 - 32 ounces is a good serving size).

## "Snack Attack" Approved "Foods" (*The first 5 are drinks*)

- Green water made by blending a handful of greens with lots of water
- Green juice without any fruit, except lemon or lime
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- A *Chia Energy Drink* made from soaked chia seeds and water with flavorings
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds

# Elixir Essentials

By Dr. Ritamarie Loscalzo

Nutritious and healing recipes can be made from a variety of fresh whole foods, essential oils, and herbs. Here, we'll explore the making of healing elixirs that nourish and cleanse your body and provide instant and sustained energy.

Elixirs are defined in many ways. They have been defined as “magical” or medicinal potions and are sweetened liquids (usually containing alcohol and water) serving as a vehicle for medicine. The elixirs we're going to create are definitely liquid, sweetened with low-glycemic sweeteners like stevia, xylitol, or erythritol and the medicine they contain are powerful herbs and super foods for supporting your hormones.

## Elixir Base Recipe

### Main Ingredients in our Energy Recharge Elixirs:

- **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- **Herbs:** several teaspoons to several tablespoons
- **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- **Sweetener:** stevia, **Lakanto**, erythritol, xylitol, or honey if your blood sugars tolerate
- **Salt:** sea salt or kelp powder

### Directions:

1. Boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener, and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.



## Organ Energizing Elixir Ingredients

The chart below contains just a sampling of the dozens of herbs that can be used to support and nourish your organs and glands. Mix and match to delight your palate and your body.

Adrenal	Thyroid	Digestion	Immune	Liver/Detox	Bones
Maca	Ashwagandha	Pau D'arco	Reishi	Milk Thistle	Horsetail
Gymnostema	Rosemary	Cinnamon	Cordyceps	Burdock	Nettle
Mucuna	Sage	Cayenne	Shitake	Dandelion	Yellow Dock
Pruriens	Coleus	Peppermint	Astragalus	Turmeric	
Schizandra	Forskohlii	Aloe	Gymnostema	Ginger	
Reishi	Guduchi	Slippery Elm	Turmeric	Yellow Dock	
Cordyceps	Guggulu	Marshmallow	Ginger	Broccoli Seeds	
Shitake	He Shou Wu	Licorice ***		Garlic	
Astragalus	Black Cohosh				
Siberian	Eleuthero				
Ginseng	Gotu Kola				
Licorice	Licorice ***				
Rhodiola	Mushrooms				
Tulsi	Prickly Ash				
Ashwaganda	Rhodiola				
Licorice ***	White Willow				

\*\*\* **Caution with High Blood Pressure**

## Resources

- **Artisana Coconut Butter:**  
<http://www.drritamarie.com/go/ArtCocoButter>
- **Dragon Herbs Spring Dragon Longevity Tea:** <http://www.drritamarie.com/go/DHSpringDragonTea>
- **Health Force Nutritionals Maca Powder:**  
<http://www.drritamarie.com/go/HealthForce>
- **Mountain Rose Herbs:**  
<http://www.drritamarie.com/go/MountainRose>
- **Sweet Leaf Stevia:**  
<http://www.drritamarie.com/go/SLLiquidStevia>
- **Zero:**  
<http://www.drritamarie.com/go/WSZero>



Menu Planner Template | Name \_\_\_\_\_

Breakfast	
Lunch	
Dinner	

# Fitting Fitness In: Walking and Bursts

## Walking

You might be used to hearing that aerobic exercise 30 – 60 minutes 4 or more times a week is recommended for optimal health benefit. You'll be happy to know that the benefits of walking exercise are **equal or better when it is broken up into multiple 10-minute sessions** than if engaged in all at once.

### Benefits of Moderate to Brisk Walking:

- Reduces heart disease risk by 40%
- Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lowers your blood pressure
- Reduces your risk of or manage type 2 diabetes
- Improves your mood
- Lowers cancer risk by about 35%
- Easier to do schedule wise than other forms of aerobic exercise

### Already Have a Cardio Routine?

- Add sprints to your normal jogging, swimming, cycling routines.
- Incorporate 30 second high intensity bursts to your program.



### References:

- Manson J, Greenland P, LaCroix AZ, Stefanick ML, et al. *Walking Compared with vigorous exercise for the prevention of cardiovascular events in women.* NEJM 347(10):716-725
- Bergner, Paul, ND, *Insulin Resistance: Pathophysiology and Natural Therapeutics for The Metabolic Syndrome*

## The Magic of Burst Training

Burst training consists of very short and intense bouts of activity. These bouts are usually repeated several times throughout the day. Just about anything done at near-maximum effort for 30 to 60 seconds qualifies as “short burst training.”

The idea is that the shorter the time of the exercise, the harder you’ll push. The harder you push, the more likely you’ll reach oxygen debt, which is accompanied by a greater consumption of fuel. Very short bursts of high intensity activity elicit a significant oxygen debt, and your body will set into motion several physiological processes that consume excess calories and fat long after the movement has stopped.

## Methods of Burst Training

Short burst training sessions can consist of doing as many push-ups or sit-ups as possible, sprinting 100 yards, or doing as many lunges, squats, or pull-ups as you can, as long as you feel you **MUST** stop or slow down at the end of 30 – 60 seconds. A burst on a stationary bike, elliptical machine, or stair stepper also could work as long as the effort is nearly all-out, lasts no longer than a minute, and is followed by a longer recovery period.

An example of a typical workout on aerobic machines like treadmills, stationary bikes, stair steppers or elliptical machines would be sprinting for 60 seconds, slowing your pace for 2-5 minutes, then sprinting again. You would repeat the pattern several times, depending on your fitness level.

Running up and down stairs carrying a weight or a sack of potatoes even qualifies as burst training and gets the same benefits as exercises using sophisticated equipment. Even jumping jacks can be done in burst fashion.

### Any of the following are good burst exercises:

- Jumping jacks
- Running up and down stairs, optionally carrying a ball
- Squats with optional hand weights
- Push-ups
- Stair-stepper
- Elliptical machine
- Exercise bike
- Treadmill
- Alternate low and high intensity

**60 Seconds is Optimal:** In 1993, the European Journal of Applied Physiology printed a study showing that sixty seconds is an optimal time for high-intensity activity to elicit an oxygen debt that can elevate fat burning at rest.



# Toxic Product Phase-Out

## Instructions:

1. In the chart below, **Column 1 - My Products That Contain Toxic Ingredients**, list all of the toxic products you have in your home. Read the labels and list them here if they have undesirable ingredients. Complete this all at once or over time.

There's a list of toxins at the end of this document to guide you. However, it's usually pretty easy. If there's an ingredient you don't recognize, can't pronounce, or wouldn't eat, there's a good chance it's toxic.

2. In Column 2, list alternative products. For some, it may simply be a matter of substituting brands; for others, there might be a bit of research to do.

The book [Home Safe Home](#) by Debra Lynn Dadd is an excellent resource for this. Find it at Amazon. Here's a shortcut: <http://www.drritamarie.com/go/homesafehome>  
Another book, [Look Great, Live Green](#), by Deborah Burnes discusses safe cosmetics and body care items. It can be found at <http://www.drritamarie.com/go/GreenBodycare>

3. Decide on a phase out plan and note a date in Column 3.

My Products That Contain Toxic Ingredients	Alternative Products	Phase Out Plan Date

## Toxic Cosmetic Ingredients

1. **Methyl, Propyl, Butyl and Ethyl Parabens:** Used as a preservative to inhibit microbial growth and extend shelf life. Unfortunately, it can cause allergic reactions and skin rashes. Preliminary research found parabens in human breast cancer tumors.
2. **Diethanolamine (DEA), Triethanolamine (TEA):** These are used as foaming agents, but can cause allergic reactions, eye irritation, and dryness of the hair and skin. DEA and TEA are toxic if absorbed into the body over a long period of time and are associated with cancer in lab animals.
3. **Diazolidinyl Urea, Imidazolidinyl Urea:** Often used as preservatives, the American Academy of Dermatology has found these chemicals to be a primary cause of contact dermatitis (irritation caused by foreign substance). Both these chemicals release formaldehyde, which can be toxic.
4. **Sodium Lauryl/Laureth Sulfate:** This is a cheap, harsh detergent used in many shampoos for its ability to cleanse and foam. Often derived from petroleum, it causes eye irritation, dry scalp, skin rashes and other allergic reactions. Be on the lookout for pseudo-natural products that list this ingredient with the phrase "comes from coconuts" - it's still bad for you.
5. **Petrolatum:** Also known as petroleum jelly, this is a mineral oil derivative that can clog your pores. This in turn disrupts your body's natural ability to moisturize its own skin, leading to dryness and chapping. Manufacturers use it because it's really inexpensive.
6. **Propylene Glycol:** Ideally this is a vegetable glycerin mixed with grain alcohol, both of which are natural, but it's usually made from synthetic chemicals. It has been known to cause hives and eczema. Beware of related chemicals labeled PEG and PPG.
7. **PVP/VA Copolymer:** A petroleum-derived chemical that's used in hair styling products and some cosmetics. Considered toxic since, if inhaled, it can damage the lungs.
8. **Stearalkonium Chloride:** This toxic chemical was designed by the fabric industry for use as a fabric softener. Companies use it in hair conditioners and lotions because it's much cheaper than natural conditioning ingredients such as proteins.
9. **Synthetic Colors:** Labeled as FD&C or D&C and followed by a number, these make products look pretty but can be carcinogenic.
10. **Synthetic Fragrances:** Labeled simply as "fragrance," there's no way to tell what chemicals are actually in the product. People can get headaches, dizziness, rashes, and respiratory problems from them. People may also experience hyper-pigmentation, which means this chemical may cause brown spots to form on your skin.
11. **Benzoyl Peroxide:** Frequently used in acne products, the [MSDS](#) states: "Facilitates action of known carcinogens. ... Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells in some concentrations. Also, toxic by inhalation. May be harmful if swallowed and in contact with skin. Eye, skin and respiratory irritant."
12. **DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine):** This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs, even the brain. Repeated use resulted in major increases of liver and kidney cancer.



13. **Dioxin:** Won't appear on an ingredient list. Often contained in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity. It's a hormone-disrupting chemical with toxic effects measured in the parts per trillion—one drop in 300 Olympic-size swimming pools! Our bodies have no defense against its damage. Most visible example was Yushchenko, the Ukrainian President, who suffered from dioxin poisoning and looked old overnight.
14. **DMDM Hydantoin & Urea (Imidazolidinyl):** Just two of many preservatives that often release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, and loss of sleep. Exposure may irritate the respiratory system, trigger heart palpitations or asthma, and/or aggravate coughs and colds.
15. **FD&C Color & Pigments:** Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity / irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.
16. **Parabens (Methyl, Butyl, Ethyl, Propyl):** Used as preservatives and aren't always labeled "parabens." They're used in deodorants and antiperspirants and have been found in breast cancer tumors. Parabens, as xenoestrogens (hormone disruptors), may contribute to sterility in male mice and humans. Estrogen-like activity causes hormone imbalance in females and early puberty.
17. **PEG (Polyethylene glycol):** Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.
18. **Phthalates:** Xenoestrogens are commonly found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls and boys.
19. **Propylene Glycol (PG) and Butylene Glycol:** Petroleum plastics act as surfactants (wetting agents, solvents). EPA considers PG so toxic it requires protective gloves, clothing, goggles and disposal by burying. Because PG penetrates skin so quickly, EPA warns against skin contact to prevent brain, liver, and kidney abnormalities. There is NO warning label on products where concentration is greater than in most industrial applications.
20. **Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES):** Detergents and surfactants that pose serious health threats. Used in car washes, garage floor cleaners, engine degreasers and 90 percent of personal-care products that foam. Animals exposed to SLS experienced eye damage, depression, labored breathing, diarrhea, severe skin irritation—even death. SLS may also damage skin's immune system by causing layers to separate, inflame and age.
21. **Sunscreen chemicals:** Avobenzone, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.
22. **Triclosan:** Synthetic "antibacterial" ingredient with chemical structure similar to Agent Orange! EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans. Tufts University School of Medicine says triclosan is capable of forcing emergence of 'super bugs' it cannot kill.

### Sources:

- <http://www.drritamarie.com/go/12ToxicIngredientsToAvoid>
- <http://www.drritamarie.com/go/Toxic12BeautyIngredients>

# Fun Inventory: Add Some Fun to Your Daily Life

**“You will heal to the extent that you clarify what you love  
and express it in your actions consistently.”**

	Activity	Reason I Love It	Time it Takes	How Often I'd Like to Do It	How Often I Commit
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
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