



Healthy
Living.
Happy
Life

A Practical Path to Finding a Healthy Lifestyle that Works for You!

30-Day Companion Journal

A Resource of Living Healthy List

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In case this journal is lost, please return to

Name

Phone

Email

Healthy Living, Happy Life!!!!

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Living Healthy List
Denise E. Stegall
507-202-1034
Support@livinghealthylist.com

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Healthy Living, Happy life!

Hello and Welcome!

I'm so glad that you have chosen to get your copy of the Healthy Living, Happy Life Journal. This 30-day journal is a companion to the best-selling book of the same name. Each book can be used alone but together they will help you achieve your goals faster.

My personal mantra is: Eat Real Food! Make Good Decisions! Be Accountable! By doing so, you optimize your overall wellbeing, find balance, and create a healthy, happy lifestyle that works for you. It's never about being perfect—maybe not even about being better—it's about living life on your terms.

This journal will help you do just that; create your best life and flourish!

Healthy Living, Happy Life,

Denise

Denise E. Stegall
CEO and Curator, Living Healthy List

Healthy Living, Happy Life!

How to use this journal

Begin Each Day:

Start your day off in a positive way by writing in your Healthy Living, Happy Life Journal. Before you get out of bed pick up your journal and set an intention for your day. For example, My intention for today is to be mindful when I am eating. When you begin your day with a positive thought you are more likely to be happy and successful throughout the day.

Enter the day and date:

Write the day and date for each Healthy Living, Happy Life journal entry.

Gratitude:

A healthy happy life begins with gratitude. Write down three things you are grateful for today.

Eat Real Food:

Set yourself up for success by writing down what you plan to eat for each meal today. Then write down your wins from yesterday. It's not about perfection it's about being a little better each day.

Make Good Decisions:

Making good decisions begins when you wake up. When you start the day with a good decision you'll continue to make good decisions all day long. List the things you want to make good decisions about today.

Be Accountable:

Being accountable to yourself increases your dedication to completing your goals. You must answer for your choices and actions so you can achieve your goals and dreams. What do you need to be accountable for today that will move you closer to your goals and dreams.

Today's Date:

My intention for today:

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Today I am grateful for

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Today, I will Eat Real Food. How did I do yesterday?

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Today, I will make Good Decisions about?

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Today, I will Be Accountable to/for?

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"Eat Better, Not Less."

A series of 25 horizontal dotted lines for writing.

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"Every time I eat something I am either fighting disease or feeding it."

Dotted lines for writing.

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"Eat real food, mostly plant, not too much." - Michael Pollen

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"Once Upon a Time... All Food was Organic."

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"My body is a temple, not a Trash Can."

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Healthy Living, Happy Life!

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"You are what you eat. Don't be cheap, fast, easy or fake."

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"If I can't pronounce it, I don't eat it!"

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"Don't dig your grave with your knife and fork." - English Proverb

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"Real food doesn't need Ingredients - They are the ingredients."- Jamie Oliver

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"Stay committed to your decisions but flexible in your approach."
Tony Robbins

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“Life is a matter of choices, and every choice you make makes you.”

—John C. Maxwell

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"Sometimes the smallest decisions can change your life forever." - Keri Russel

Dotted lines for handwriting practice.

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"Every accomplishment begins with the decision to try."

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"Unsuccessful people make decisions based on their current situation;
successful people make decisions based on where they want to be."

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"He who has health has hope. He who has hope has everything."
Arabian Proverb

Dotted lines for handwriting practice.

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"Accountability Breed Response-ability." -Stephen Covey

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"Accountability is the glue that ties commitment to the result."
Bob Proctor

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"Without accountability you cannot grow or ever improve."

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"At the end of the day, we are accountable to ourselves. Our success is a result of what we do." - Catherine Pulsifier

A series of 28 horizontal dotted lines, providing a space for writing or reflection.

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"Forgiving Yourself, not guilt, increases personal accountability."- David Burns

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"It is not only what we do, but also what we do not do for which we are accountable." – Molière

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