

Worksheet E: Philosophy Statement

"Your personal philosophy is the greatest determining factor in how your life works out"

What do you believe? After working through the previous worksheets you have thought about your goal, reviewed what your current lifestyle is like and have read the knowledge guides.

After all this, a worthwhile exercise is to write down what you believe. What is your nutrition and lifestyle philosophy? This can take the form of a paragraph or two of text or a list of "commandments".

Give it a go!

To condense it even more... What are your key 7 words that cover all important parts of your philosophy?

#1	#2
#3	#4
#5	#6
#7	Well done! Now commit these to memory!