

MY 5 STAR PLATE®



FIVE STAR PLATE™
WHAT'S ON YOUR PLATE?

THINK ABOUT EACH PORTION OF YOUR LIFE AND WRITE ABOUT HOW YOU WILL BE MORE EUFLOIOUS. BE SPECIFIC, TIME SENSITIVE AND MAKE SURE TO FOCUS ON WHAT YOU WANT AS WELL AS WHAT YOU ARE WILLING TO SACRIFICE.

MENTAL

ENVIRONMENTAL

NUTRITIONAL

EMOTIONAL

PHYSICAL

