



A HEALTHY
PLEDGE
FOR THE
NEW YOU



Say **YES** to an **ELITE LIFE**

www.elitelivingacademy.com

MY HEATHY PLEDGE – FOR MY HEALTHY LIFESTYLE

INTRODUCTION

As many of you lovely people want to adopt a healthier lifestyle.

I wanted to share with you MY HEALTHY PLEDGE – FOR MY HEALTHY LIFESTYLE.

Copy and print off and stick on your fridge or display on your kitchen cupboard.

Edit and Make Your Own Health Pledge

To Your Health, Love and Happiness

Elaine xo

MY HEALTHY PLEDGE – FOR MY HEALTHY LIFESTYLE

On this day and every day, I will pledge myself now, my family, my friends and my future self that I will follow a healthy lifestyle.

- I will be kind to myself and be aware of my strengths and weaknesses.
- I understand that eating healthy is a way of life and I won't diet but start eating better with better food shopping habits and eating habits.
- I will drink more water and flush toxins out of my body. I will understand the benefits of keeping my body hydrated.
- I will make a weekly eating and exercise plan and keep focused on my health goals.
- I will focus on getting more active and surround myself by active people telling them my goals.
- I will increase my knowledge on a healthy body and experiment with new healthy foods.
- I will take control of any health issues and seek help to overcome health challenges.
- I will have determination, willpower and consistency for a healthier me.
- I will support others who have similar goals and encourage others around me too to lead a healthy lifestyle.
- I will not beat myself up if I have a bad day. The next day is always a new day.
- I have the inner power to be healthy now and in my future.
- I will surround myself with positive, inspirational people building a healthy body and a healthy mindset.
- If I struggle, I will seek help and guidance from others and recognise this is strength, not a weakness.
- I will celebrate with my new body and enjoy my new lease of life.
- I will make this healthy process enjoyable, fun and I am excited to be more fabulous this year

I GIVE MY BODY WHAT IT NEEDS NOT WHAT IT CRAVES

My personal goals for this year are:

- My ideal dress size will be:
- I will lose: kgs / lbs
- I want to feel: healthier, slimmer, fitter, with more energy, fitting into my size? clothes, going on holiday and feeling great ...)

Signature: _____

NEED FURTHER GUIDANCE AND HELP?

- **Use the Elite Living Assessment and Plan – accessible by via emailing or downloading from www.elitelivingacademy.com**
- **Read the Elite Living Book / Guide**
The Elite Living Book and Elite Living Plan and is divided into the six areas of your life so if you struggle with a certain area of your life and it needs attention then you refer to guidance in the book or plan for further detail.
- **Ask us for 1-1 Coaching, and we will go through your life plan together, listening to your needs.**
MY COACHING ROLE on a 1-1 basis works with people who need extra support and guidance in transformation or the change process, to change limiting beliefs to talk and work through your visions. The process is successful in helping you set achievement goals to improve your health and well-being. I initiate thoughts to create actions which brings a powerful energy and flow. I will coach you to promote all positive thoughts and visions. When you keep looking at the life you truly want you to believe in – YOU CAN MAKE IT HAPPEN. ARE YOU EXCITED?
- **Need help with a healthy body just check out more tips at:**
<http://www.elitelivingacademy.com/elite-living/healthy-body>
- **Join my Elite & Fabulous Women – Private Facebook group:** Belong to an elite living community of likeminded women to get tips on living a fabulous and liberated life: <https://m.facebook.com/groups/1769022113313237>



Say **YES** to an **ELITE LIFE** and a **HEALTHY LIFE**
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