

WARNING SIGNS OF HEALTH

1. An increased awareness, appreciation and love of yourself, your family and others.
2. A tendency to set aside time each day to relax, meditate, say affirmations, do visualizations and/or pray
3. A persistent ability to maintain close relationships.
4. A persistent ability to adapt to life's ever changing challenges and conditions.
5. A chronic appetite for physical activity (at least 30 minutes/day).
6. A chronic appetite for healthful foods (fruits, vegetables, lean meats, nuts and seeds, omega 3 fish oils and probiotics) and lots of water.
7. Acute and chronic attacks of laughter.
8. A compulsion to take pleasure, be playful and have fun.
9. Repeated bouts of hope and optimism.
10. Recurrent rejection of worry.
11. Repeated episodes of learning for personal growth and development.
12. A chronic attitude of gratitude for your life, those in it and all you have and can do.
13. A terminal case of personal responsibility in all aspects of your life.