

I WANT TO

Develop Healthy Habits

20 Questions to a Healthier You



Why I Created This Journal

I'm on a mission to build a community of Deliberate Thinkers, and I want to offer as much support as possible to anyone who is ready to leave their life of mediocrity behind and join us.

What You Can Expect

This journal will help you develop your Deliberate Thinking skills by posing 20 thought-provoking, open-ended questions. In the process of answering these questions, you will actually be changing the pathways in your brain and changing the way you see the world.

Why I Don't Give You the Answers

Because I'm not here to change your mind; I'm here to help you change your own mind. Some of the questions may require a bit of research, which will strengthen your Deliberate Thinking skills even more. (Hint: You can find some of the answers in my posts 😊)

The Goal

To face your limiting beliefs, personify your core values, live with intention, respect other points of view, and stay curious! These life-changing habits will lead you to the fulfilling life you were meant to live.

#1

How many calories
should I eat each day?



#2

How many of my calories
should be from
Proteins - Carbs - Fats?



#3

What's the difference between high glycemic and low glycemic foods?

