

# DAY THREE

## Ten Habits for a Lifestyle of Health



Habits are actions repeated consistently over a period of time. In the beginning, forming habits requires focus. But soon using the habits becomes easier. And next they become your way of life. Bit by bit and step by step is the way to any destination, including forming new habits.

Are you interested or committed to caring for the temple God has given you?

Write the behaviors of one who is interested compared to one who is committed to a goal.

Interested	Committed

What do you want to do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Here are the Ten Habits you can embrace for your lifestyle of health.

- Take small bites
- Drink lots of water
- Decide to eat for nutrition most of the time
- Eat three meals a day
- Eat at least 1 meal a day at the table
- Quit the clean plate club
- Let food be food
- Avoid the all or nothing mentality
- Get right back on track after indulgence
- Don't deprive yourself of any food or food group

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.  
3 John 1:2

