

# **HEALTHY HABITS, HEALTHY LIFE**

PHYSICAL & SPIRITUAL DISCIPLINES THAT LAST

## **DR. JILL'S TOP TEN HEALTHY HABITS**

- Water
- Sunshine
- Fresh Air
- Whole food
- Adequate sleep
- Physical activity & movement
- Vitamins and minerals
- Love
- Laughter
- Inner healing work



## **SUSIE'S TOP TEN HEALTHY SPIRITUAL HABITS**

- Gratitude/Joy
- Worship
- The Word
- Purposeful Prayer
- Actively Renewed Mind
- Rest
- Self-control
- Practicing the Presence of God
- Proactive Love
- Generosity

