

Alamo Heights Chiropractic

H E A L T H C E N T E R

MENTAL CREATIVITY

Mental Creativity allows you to dream, plan, invent and grow throughout your lifetime. No rules. No limits. Who would you be and what would you do if you could not fail?

PHYSICAL WELL-BEING

Wellness is an Inside-Out Philosophy. Understand your 'Owner's Manual'. Know when your spine needs to be checked to keep functioning at your best throughout your life.. Be pro-active this year and reap the benefits!

LASTING RELATIONSHIPS

Relationships are defined by the quality of your ability to communicate and be understood. We all have different personalities, which means you must work to understand others. Invest time in your relationships & they will thrive.

SOCIAL RESPONSIBILITY

We are all connected in some way to each other. Practice the Golden Rule with others in life by sharing your time, resources and heart. Others will benefit, but so will you.

FAMILY DYNAMICS

Our families are a mix of lovers, givers and takers, healthy, sick, energetic, lazy, those good with money & those who aren't. Our families are important to us. Share your success strategies in all aspects of life. Live by example and practice patience with love.

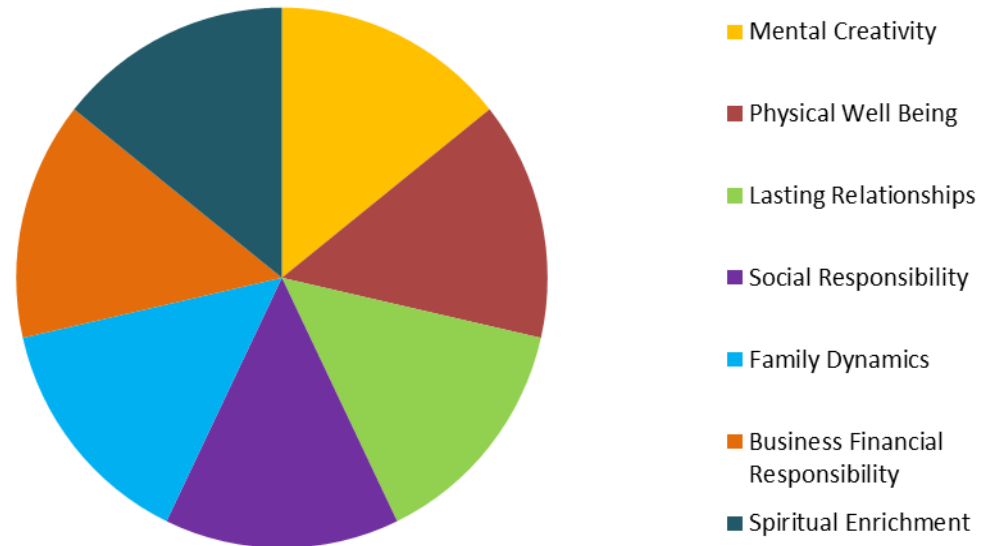
BUSINESS/ FINANCIAL RESPONSIBILITY

Learn the essentials in managing your personal and business finances. Use experts to help you learn & grow. Plan for your family's future needs, including vacations. Save regularly, no matter what. Tithe. Pay off your debts.

SPIRITUAL ENRICHMENT

Take time every day to rest your body & mind. Read. Pray. Meditate. Connect. Fill & Fulfill your Soul, the essence of You.

MY BALANCED LIFE IN 2013



MY 2013 GOALS & AFFIRMATIONS

I AM Creative. I AM Vibrant & Healthy. I HAVE Great Relationships. I SUPPORT My Community. I SUPPORT My Family. I AM Improving My Relationship with God Every Day.

I EAT & DRINK Only Natural Healthy Foods. I AM Well Hydrated. I EAT Balanced Healthy Meals & Snacks Throughout the Day. I HAVE Limited Alcohol Consumption to ___/Week.

I EXERCISE a Minimum of 30 Minutes 5 x Week. I STRETCH my neck, back, shoulders, hips and legs 5 x Week. I AM Getting Stronger & More Flexible Every Day. I FEEL More Energized & Happier After Each Exercise Session.

I AM Working to Eliminate Over the Counter & Prescription Drugs. I SLEEP 8 Hours Every Night. I LIMIT TV & Computer Time. I AM a Great Reader.

I MEDITATE Every Day. I LEARN Something New Every Day. I Encourage Others. I AM Happy. I AM Excited to See What Each Day Will Bring. I LOOK for the Good in Everyone I Meet.

I HAVE a Wellness Plan for My Life. I FUNCTION at My Best When I Get an Adjustment ___/Month. I FEEL My Best When I Get a Massage ___/Month. I Will Reach My Goal Weight of ____ lbs. on ___-___-___. I AM Confident & Successful