What Works?

This is an exploration of things that you are already doing in your life to support your body in being healthy. You may not realize all the things you are already doing well!

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What Doesn't Work?

Now let's look at all the things you've tried in the past that have not worked.

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What Might Work?

Time to get creative and come up with ideas that might work for where you are now in your life. These are possibly things you've tried in the past, modifications of past ideas, or brand new things you've never tried.