



Secondary Food

Now that you have a better understanding of how mindset is integral to feeling fulfilled in all elements of health, including those that fall under the category of "secondary food", refine your goals & break them down into action steps.

GOALS	ACTION STEPS
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>