

# LESSON 15

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

### LESSON 15

## NUTRITION AND SELF CARE

### QUESTIONS TO GUIDE THE CONVERSATION

1. Is physical health a priority in your life now? If Yes...How? If No...Why not?
2. How is your physical health inhibiting the expansion of the other arenas of your life?
3. Describe healthy nutrition. What does your menu say about your habits?
4. Are you consistently growing, reading, and learning new ways to improve your health, or have you given up hope? Why? How?
5. Do you take into consideration inflammation when you decide what to put into your body?
6. Is your physical health goal aligned with your spiritual goal to contribute to the lives around you?
7. How are you improving your mental health in order to improve your physical health?
8. Is exercise a habit you have built? If not, How can you practically build movement into your week?
9. Are you mindful about avoiding toxins that impact your physical health? How are you intentionally avoiding toxins in your environment, including nutrition?
10. What kitchen skill do you need to learn and unlearn in order to provide a quick and healthy meal?