

# The LeaderHealth<sup>®</sup> Kick-Off Action Guide

LEADERHEALTH.COM

 **LeaderHealth<sup>®</sup>**  
A Balanced Way Forward

---

# Start Your LeaderHealth<sup>®</sup> Journey

For each item, identify an action you are committed to taking as you kick-off your LeaderHealth<sup>®</sup> Journey.

## ACTION

What is a daily choice you can make that would prioritize your health and wellness as a leader?

How might you connect with a community of likeminded leaders who are also prioritizing their health and wellness?

What can you do every day that would make your commitment to improving your health and wellness a non-negotiable activity?

When can you pause during the day to take an intentional break and rejuvenate your mind?

What is one small habit you can change that would make a big difference in your life?



*Get Connected*



[@drshannateel](#)



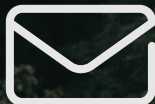
[Dr. Shanna Teel](#)



[@LeaderHealth](#)



[@LeaderHealthOfficial](#)



[Join Newsletter](#)

LEADERHEALTH.COM