



My Life Delicious  
Whole Body Health

# 5 Principles of Nourished Self Program

The Secret of Change is to FOCUS all of your energy not on fighting the old but building the NEW.

-Socrates

It all begins and ends in your mind. What you give POWER to, has POWER over you.

Life is a choice you make everyday to change and empower yourself. Choose to be true, to be positive and to be happy. No MATTER What.

-Venkat Desireddy

1. What you EAT shapes your Body & Mind.

**\*\*Nourishing food shapes your Body & Mind**

2. What you SPEAK & THINK shape your Reality

**\*\*Nourishing thoughts & words shape your Reality**

3. How you REST heals your Body & Mind.

**\*\*Nourishing Rest heals your body & mind**

4. Your Community shapes your Body & Mind.

**\*\*Nourishing Community shapes your Body & Mind**

5. Your RITUALS shape your Life.

**\*\*Nourishing Rituals shape your Life**