



Serve and Deprive

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Serve and Deprive is a strategy that I use as a reminder of all the things I do that serve me and make me a better individual, as well as things that deprive me of my best self if I do them.

I will provide you with a document that you can fill out for yourself. I encourage you to print off the document and put it in a place as a reminder.

Here is a list of mine:

Serve:

1. Following a routine
2. Eating Healthy
3. Moving my body daily
4. Positive self-talk
5. Drinking lots of water

Deprive:

1. Not following my routine
2. Eating junk – too much sugar
3. Being lazy
4. Drinking alcohol
5. Not following my daily script



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Serve:	Deprive:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Important Note:

The things you put on the Serve list are the actions you take that you know will make you better or keep you on point.

The things you put on the Deprive list are behaviours that are not helping you along your process.