

DHANVANTARI AYURVEDA CENTER

MY ACTION PLAN

(Post-consultation for Client to Complete, Keep, and Reference)

Overview of a Typical Approach to Balance:

Balancing Vata: Regular lifestyle, adequate water and oil; rest, heat

Balancing Pitta: Diet and avoidance of mid-day sun; organics; toxin avoidance

Balancing Kapha: Exercise; dietary restraint

Āma / Toxicity: Digestives; dietary restraint

Date

What was the most important knowledge I gained from today's consultation?

What knowledge do I need to acquire next?

How do I want to acquire this?

When do I want to acquire this?

What do I plan to avoid or stop NOW?

What can I begin to eliminate in the next week? Month?

What can I reasonably expect to be able to do right now?

What can I begin to change in the next few weeks?