



# 5 to Thrive Challenge

## Week Four

### Build Sustainable Habits

[www.heatherjose.com](http://www.heatherjose.com)

## Hello Friends!

More than halfway! Are some things becoming a part of your normal? Or have you found yourself struggling? Every week is an opportunity to create a new normal.

As a reminder, if we introduce material and you have questions don't hesitate to reach out. You can email me at [mail@heatherjose.com](mailto:mail@heatherjose.com) or connect via messenger on Facebook or Instagram. We are also putting some short videos on YouTube, so check that out as well.

## Mindset: Visualization

One of the most impactful gifts I got when I was diagnosed came from a woman that I never met. She sent me a cassette tape (really!) and a letter that told me that I would live and to listen to the tape everyday.

The cassette had a healing visualization by Dr. Bernie Siegel on it. I was not familiar with meditation or visualization, but I loved it immediately. It gave my freaked out brain a chance to focus on something other than fear. Each day, sometimes multiple times a day, I would listen to the voice that brought a healing light into every part of my body.

I can't find the exact version today, but there are many visualizations available to try. I like the app Insight Timer, but that is one of many. You could also look on YouTube. When searching for specific visualizations you might want to try a body scan, healing, or whatever you are trying to achieve. If you want to start with a good overall meditation, type in loving kindness.

Challenge: Spend 5-10 minutes a day doing a visualization. Explore some different apps, instructors, and see what feels good to you.

# Fitness: Keep Moving

We are increasing the time that you are moving this week. Move for 20 minutes 6 days of the week and lift something heavy for 10 minutes on 6 days a week. You can flex this, but don't go more than two days without moving. If you are motivated by tracking apps use one to keep track of your progress!

Ideally, you are moving for 30 minutes a day. If you can include some balance and flexibility that would be great. We forget to do all the things we did as kids, sitting on the floor, standing on one leg, squatting, etc.

Balance and flexibility is great for little movement breaks too.

## Nutrition: Plan Your Meals

Now that you are focused on adding fruits and veggies , let's do some planning. The more we prepare, the less likely we will make poor decisions because of being tired or over hungry. This week, make a list of options for breakfast, lunch, dinner and a snack. Think about your events and commitments for the week: do you need grab and go? Could a crock pot help you out? Also consider what you like the best. Larry can eat the same meal over and over again, and I get bored quickly. That means my salad looks different most days, while his is the same.

Water goal this week: 64 ounces each day. You can do it!

## Medical & Support:

This week think about what is stressing you out and what your options are to handle this. This might mean setting a boundary with someone, or even with yourself. I have made a choice not to have work email on my phone. Removing it felt so much better to me. If you have to have it, maybe you access it through a separate tab to add a little boundary. What are you doing to eliminate stress this week?

**Tell yourself you rock! See you next week!**

# 5 TO THRIVE WEEK 3

## CHECKLIST

	M	T	W	T	F	S	S
Post/Review Affirmation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move for 20 Minutes (6/wk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lift Something Heavy for 10 minutes (6/wk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat 2 Fruits or Veggies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a list of meal options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 64 ounces Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time Visualizing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eliminate a Stressor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make your own: -----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## NOTES


