



The Total Coach – The Total(ly) Simple Steps you can take today to improve...

Your Confidence

- Wear Something you feel good in
- Reflect on the little things that you are grateful for
- Smile at a stranger
- Give a compliment

Your Focus

- Write a 'to do' list
- Drink water
- Limit screen time
- Cold shower

Your Headspace

- Take a break
- Listen to music
- Go for a walk
- Journal your thoughts

The Mind

- Practice mindfulness
- Read a chapter
- Go outside and 'be present'
- Meditate
- Breathe

The Body

- Run, Lift, jump, play
- Stretch
- Eat well (less sugar)
- Get some sunlight
- Moisturise

Connections

- Call a friend
- Visit family
- Breathe
- Reflect