

# **S DAY JOURNAL**

Hello friends!

Many health journals you may have followed in the past typically revolve around meal and exercise planning.

However, for these next five days, I want you to shift your focus toward your **thoughts and self-talk**.

That's precisely why I've included sections for recording thoughts you are intentionally practicing and a love note to yourself.

Also, I want you to consider creating a daily routine that doesn't involve restricting food but rather centers around choices that **fuel you and bring long-lasting pleasure.** This approach sets you up for sustainable success.

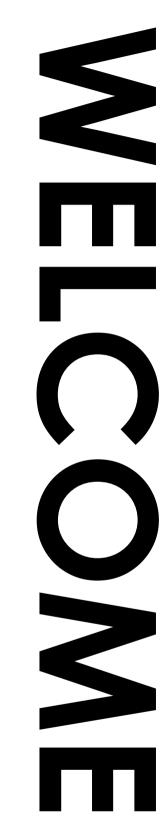
Instead of choosing an elaborate exercise routine, consider what kind of **movement** you can realistically achieve in just five minutes and plan accordingly. Don't forget to allow for **rest**!

The primary focus of this five-day journal is to transition to a way of **caring for our bodies as the soft animals we live in** rather than as objects that need to be changed, manipulated, or fixed.

Have fun!

Your Coach

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#### I AM I FARNING TO ENGAGE MY PREERONTAL CORTEX



















#### THOUGHTS I'M PRACTICING:

Write the Thoughts you are practicing.

T: This is a human stomach T: Looking different will not prevent me from feeling the spectrum of emotions.

T: People that are considered conventionally "beautiful" still, sometimes feel, negative emotion.

#### HOW WILL I FUEL MY BODY TODAY:

Write everything you will have 24 hours in advance. This is a great opportunity to teach your brain the skill of planning ahead of time and following through. This is how you teach yourself to trust vourself.

6:30-noon: Black Coffee Green Tea Noon: My breakfast shake 2:00pm: Lunch 3:00pm Nap 4:00pm: Green tea 5:00pm: Move 6:00pm-Dinner 8pm-noon: When we fast, insulin is not raised, body learns to use body fat as fuel which is the way our body evolved to perform.



I'M FEELING:





I encourage you to write a love note to yourself every day. It will be uncomfortable but let it be!

I love you because you keep working on improving your awareness.

#### HOW WILL I MOVE AND REST TODAY:

Write down what you will do today, no matter how small. Minimal baseline is everything!

Today I will go for a 20-minute walk at 5 pm

I will take a nap at 3 pm

1 will go to bed at 10 pm and sleep 8 hours

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### **5-DAY RECAP**

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#### MY BIGGEST ACCOMPLISHMENT THIS WEEK WAS:

Celebrate any accomplishment, any awareness moment, any movement, etc! Teach your brain you are your biggest fan and cheerleader.

#### DID I COMPLETE MY PREVIOUS WEEK GOAL?

Let's reflect! What went well, what didn't, what will you improve.

#### WHAT HELPED ME THIS PAST WEEK?

What thoughts or actions helped you?

#### WHAT HINDERED ME THIS PAST WEEK?

Did you fall into any old patterns? Did you listen to your primitive brain? It's normal but noticing is everything!

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DAYS I MOVED.

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#### MY GOAL FOR NEXT WEEK:

Write anything that you will be working on next week.





## SCHEDULE YOUR FREE GALL TODAY



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