

THE WELLNESS 360 MINDSET BLUEPRINT

4

Step
FOUR



Welcome to Wellness360™ MINDSET BLUEPRINT

Our mindset is a part of our overall well-being. The thoughts and feelings we experience impact the actions we take in our day to day. Learning how to listen to our mindset is a skill that anyone can learn.

I look forward to supporting you as you master your mindset! Let's begin...

The Top 3 Wellness Mindsets

To get started, take a moment to rate your frequency level in the top 3 wellness mindsets. A rating of 10 means you feel that your mindset is strong in that area. A mindset of 1 means that you feel your mindset is low.

01

Mindset of DISCOVERY

The first mindset you want to develop is the Mindset of Discovery. Think of yourself as an archaeologist, digging to find the gold – the hidden beliefs you might have that are impacting your actions. Be on a journey of exploration and be open to discovery. The best way to be open to discovery is to ask questions.

Powerful discovery questions with the goal of...

- What is standing in my way?
- How can I make a change?
- What more if there to learn?

RATE THE FREQUENCY OF YOUR MINDSET OF DISCOVERY



02

Mindset of PERSPECTIVE

Is your perspective the truth? Or is there another possibility?

When we are trying to change, we can look at things and come up with many excuses for why things are not going the way we want them to. We can make a really good story about why the evidence adds up to our current reality.

To start reframing your perspective, ask yourself:

- Do I feel stuck in my own beliefs?
- Do I notice the same patterns showing up again and again?
- What can I do differently?
- What would I be willing to try?

Write your responses here:

RATE THE FREQUENCY OF YOUR MINDSET OF PERSPECTIVE



03

Mindset of PURPOSE

Knowing the “why” behind your goal is important to achieving it.

What is your reason for being healthy? Why do you really want to be healthy? Getting clear on the big reason driving your passion will empower you to move forward, even when everything else says you shouldn't.

When your “Why” > your “Why not to”, you overcome your fear and go for your dreams.

Consider your Why and then write it here:

RATE THE FREQUENCY OF YOUR MINDSET OF PURPOSE



QUESTIONS TO SHIFT *your* mindset

What do you desire to do next?

What is holding you back?

Is it fear and your comfort zone?

What is the outcome you desire?

What will life be like if you don't go for it?

What small step can you take to overcome your fear?

Who will support you?

When will you do this by?

MINDSET & being busy

To many people, being active means being healthy. Sometimes people confuse being active with being busy. There's nothing wrong with being busy, but too many people today define themselves by the word "busy". Which is why some health experts believe today that we have a new disease, or rather dis-ease, called "Busyness". It's the state of being overly busy that causes stress in the body, including physical, mental and emotional stress.

The Disease of Busyness

Being busy can be healthy, but being "too busy" is not healthy. Being active and engaged and inspired, yes that's healthy. Being drained, overwhelmed and stressed out is not. ***It's a fine line and most of us have crossed over it.*** Today being too busy causes people to feel less connected, creates children who are stressed at young ages and fosters a world where we feel spiritually, emotionally and physically "off". We feel all this, yet we don't do anything about it. Or don't know we can.

How did we get so busy in the first place? With all of the new technology and faster, easier ways of communicating, shouldn't we theoretically be less busy and have more free time? Yet we find ourselves with less time and more to do. We are spending more and more time doing things we've never done before, like posting on social media or texting from our mobile device. These activities, while they feel quick in the moment, actually can cause us to feel busier. The sense that we are always "on" or always "checking in" can lead to higher levels of stress.

Why do we keep ourselves so busy in the first place?

Perhaps a part of us actually believes that being busy is a good thing. It allows us to tell other people we're not idle. That we have "a life". ***We have things to do, we're important, we're needed.*** Busy equals success in our minds. For many people, this busyness has become a state of being that is a "sickness". Some are even calling it a disease, or rather a disease. A state that puts us out of ease. When we're out of ease, we become stressed. And stress can lead to a laundry list of health concerns most people would like to avoid.

Deciding to not be busy is a choice we can make. But first we need to have a mindset shift and realize that being busy is not who we are as a person. Even though it's all around us, we don't have to identify with the role of a busy person. ***We can decide to take on less and instead experience more peace and space.*** We can let go of society's expectations and decide to be who we really want to be.

You might be thinking, "*Hey, I really am busy and there's nothing I can do about it.*" or "*I like being busy.*" There's no denying we are all busier today than ever before, but taking a look at what is filling up our lives to the point of exhaustion is a good exercise. You might find that half of the things keeping you busy really don't fulfill you.

What if the things you think are priorities are actually just the things that hold you back from moving towards what you truly desire?

4 STEPS TO A LESS BUSY *but more fulfilling* life

Try one or more of these steps to support you in reducing your busyness and creating more peace of mind.

1

Take an inventory of your busy life. What is filling up your busyness? What is on your plate? Does it really need to be? How effective is it really? Do you enjoy it? Why are you really doing it? Write it all down on a piece of paper and determine what activities you could eliminate. What would be the impact of eliminating one or two things on the list? While you might forgo something you think is important, would there be an equal or greater benefit to not doing it? Once you take your inventory, be prepared to share it with others in your life and let them know you are going to be making some changes. Be prepared that not everyone will agree with you. Stick to your new plan and try it for 30 days.

2

Be present amongst the chaos. While you have a lot on your plate, try to focus on what is right in front of you rather than thinking about the next thing. Present, not future. If you find you have a lot to get through in a day, take each thing as it comes and keep breathing through it. Let your breath be a reminder to your mind to stay present. It takes practice to train your mind to stay in the present, but give it a try. At least while you are busy being busy, you can be breathing and keeping your body in a more relaxed state.

3

Focus on what you do best and what you enjoy most. Stop trying to be everything and do everything. Determine what you really need to be doing and do that. If you're in business for yourself, figure out your unique skills and talents and focus in on what you do best rather than trying to do things that really are not your natural skill set. This is about honing in on what you are really good at and what you enjoy, and leaving the rest to someone else. In your personal life, it might mean giving up some things that even though you think they are important or even fun, they don't ultimately lead to more peace and pleasure.

4

Remember you are a human-being, not a human-doing. You are not meant to go 24-7 at 100 miles per hour. You are not a machine. Your body needs to refuel. Your mind needs to rest. Sometimes it's the rest and the non-busyness that scares us. We wonder what we'll find out about ourselves if we slow down. Keep in mind, anything that frightens us is usually worth investigating and you might discover something new about yourself.

MINDSET meditation

Meditation is a mental discipline by which one attempts to get beyond the conditioned, “thinking” mind into a deeper state of relaxation or awareness. Giving yourself time and space to connect on a deeper level with your being is essential for peace and harmony in life.

Meditation is an ancient practice that has been used as a tool both spiritually and emotionally in Eastern cultures for centuries. Many people are new to meditation as it is a growing practice in the West.

At the core of meditation is the goal to focus and quiet your mind. As you progress, you will find that you can meditate anywhere and at any time, accessing an inner calm no matter what’s going on around you. But first, you have to learn to tame your mind.



Steps to developing a meditation practice

1. **Set aside time:** Making time to meditate is a key to learning how to meditate. It is best to set aside the same time every day. You can start with 5 minutes, then work up to 10, 15, and 20.
2. **Find a quiet spot:** Create a special space where you meditate. Keep it clear of distractions like phone, television, or other noises.
3. **Sit in a comfortable position:** Sitting is preferable to lying down, as it is less likely you will fall asleep. Meditation is about being aware, not asleep. Sitting on a cushion on the ground is a great option.
4. **Awareness:** Keeping your eyes open and concentrating on a focal point is a good way to stay aware and not doze off. A candle flame can be a great focal point. Others find that closing their eyes can be very peaceful and relaxing. Try both and see what works for you.
5. **Breathing:** Breathe deeply from your gut as opposed to your chest. Follow your breath as it moves from your abdomen to your chest and back down. Concentrating on the breath is good way to stay present.
6. **Relax:** Do not try to push your thoughts away. While the goal is to move beyond thoughts, pushing them away will not achieve this. Just relax and notice your thoughts. Let them float by as they enter your mind. Relax the muscles in your body and keep breathing deeply.
7. **Focus:** Focus on a point, on your breath or a mantra to help still the mind. A mantra is the repetition of a phrase or word. Choose a phrase that is meaningful or calming to you in or is a sacred phrase. Another method for focusing is counting from 1 to 5 with each inhale, then 1 to 5 with each exhale. See if you can count from 1 to 5 without a thought entering. Finally, visualizing a peaceful place is another way to focus. From here, silencing the mind will be easier as you begin to focus on nothing at all.

MINDFULNESS MEDITATION for the busy person

Take a deep breath in and exhale.

Start by noticing where you feel stress or tightening in the body. When you think of all you have to do and your to-do-list, where does that sit in your body? Where do you hold the “busyness” of you? Is it in your heart, your gut, your shoulders? Notice where the pressure from being busy presents itself.

Now breathe into that space.

Picture yourself letting go of that busyness part of yourself, that sensation that may be there. As you let go of that sensation, with each breath, let go of the idea or concept of yourself as a busy person.

Now, picture yourself as successful or joyful without the busy part being present. Take a few more deep breaths in and exhale each one slowly.

As you let go of being busy, feel the new sensations that might be arising. Notice if you feel lighter or more at ease. Experience that new sensation and welcome it. Take note of it in your mind. Then take another deep breath in and exhale.

Mindfulness Reflection

Whenever you feel overwhelmed or too busy, focus on the part of you that doesn't describe yourself as busy. Or consider what you would feel like if you weren't so busy. Lean into that picture of yourself. Move towards that “person” or “part of you”. Remind yourself that being less busy does not mean you are less productive. Being less busy can mean being more productive with less stress, more focus, more efficiency, and more pleasure or peace of mind.

Tolerations

Tolerations are things that we accept for now, but that are not part of our ideal picture of how things could be. Tolerations drain us of energy – physically, mentally and emotionally, affecting our heart chakra. When we tolerate things, we allow them to take a little piece of ourselves. Though they often go unnoticed or live in the back of our minds, bringing them to our awareness is the first step towards creating the life we desire.

Take a moment to list out your tolerations.

What are you allowing right now that isn't in alignment with your beliefs, values or expectations? By recognizing our tolerations, we may make simple discoveries about ourselves and what we truly desire.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

ATTITUDE & *gratitude*

By changing our attitude, we can change our lives. Now as simple as that may seem, when it comes to your health, your thoughts play a major role in how you perceive yourself and others in this world.

One way to adjust our attitude is to begin incorporating gratitude into our lives. As we begin to become thankful for all that we have, we actually change the energy in our bodies to a positive state – and that changes the actual chemistry of the body!

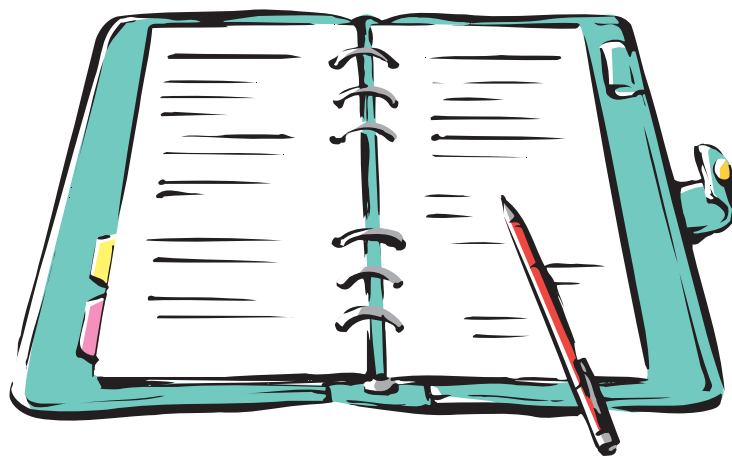
Approaching life with an “**Attitude of Gratitude**” isn’t always easy. Sometimes you just can’t think of anything to be grateful for right now or that after thinking of just a few things, you get stuck with all of the things that aren’t going right for you.

Keep a Gratitude Journal. The best time to do this is in the morning, when your mind is clear and fresh. Start by listing all that you are grateful for. If you begin to have negative thoughts, you can write them down, too. Just allow yourself to write. If you find that you are only writing negative things, eventually you will run out. Try to come up with at least one small thing you are grateful for, it may be the roof over your head or the fact that you can tie your shoes with ease.

Journaling

Journaling is a powerful strategy for gaining awareness into our health. Journaling can activate the subconscious mind, bringing light to things that we were not paying attention to but should be. Journaling can also be a “dumping grounds” for our thoughts, releasing toxic thoughts, emotions, or beliefs that are standing in our way. Writing on paper is a strategy that can be supportive for your clients.

Next, we will look at both **Morning Journaling** and **Evening Journaling** as two opportunities for clearing our mind.



MORNING journaling

Reaping the benefits of morning journaling after enjoying breakfast and some exercise is one thing – but morning journaling before you even get out of bed is an even deeper experience. OK, it's all right to get up and go to the bathroom if you have to, but then pick up your journal and pen, and snuggle back into bed.

It's very important to journal with a pen rather than at the keyboard. The pen is a more primal tool, connecting your hand to your mind. You should also stay in bed, physically closer to the world of dreams from which you just emerged.

Journaling very first thing in the morning reaches into the depths of your subconscious, which is closer to the surface of your conscious mind immediately following sleep. Your dreams are fresh in your mind, and your inner most experiences are easier to excavate and explore.

First, write about any dreams you remember. It's perfectly fine to go beyond mere recollection and write down any interpretations that may come to mind, whether the dreams symbolize something in your life, or whether they help you reminisce about a waking experience. Write down the dreams and any other connections they have for you. If no other connections are apparent, that's perfectly fine, too. But do write down every tidbit of every dream you remember.

Over time, writing down your dreams first thing in the morning will help you forge a deeper connection with your innermost self, a direct link with your subconscious. This is important not just for writers, but for everyone. This deep relationship informs your ongoing personal growth and infuses your life with meaning.

Once you're finished writing your dreams, write 10 things you are thankful for from the day before. It can be anything – give thanks for owning more than one pair of socks, for the miracle of your teenager giving you a hug out of the complete blue, for that tree falling 20 feet from your house instead of smack on top of your roof.

Too often we waste precious time focusing on the negative, completely overlooking the most basic things in life that are indeed deep blessings. All the things that go right in your day usually far outnumber the things that go wrong: you have hot water for your morning shower, the car starts when you turn the key, you go about your travels unscathed. By giving thanks for even the smallest things every single day, our lives become infused with joy and gratitude – and that's a delectable recipe for even more happiness coming your way in life.

Last, write about anything and everything that's swimming around in your brain. It might be your to-do list for today. It might be a few lines of a poem about the brilliant blue sky that just pops into your head. It doesn't matter how petty, trivial, negative or silly it is—just keep that pen going.

Emptying all the contents of your brain onto the paper gets all that muck out of your system so you can be your best self. It's like reaching down into your stream of consciousness and filtering out all the garbage the world left there; think of it as plucking litter from a pristine stream. Over time, you may discover themes in your morning journaling. This can help you accomplish many things in life, from finally cleaning out the garage to becoming a more patient parent.

Morning journaling is more than just a mindful way to begin the day—it can transform your entire life to be continually infused with joy and rich meaning, which you deserve.

EVENING *journaling*

Ending the day with a reflection rather than falling asleep to the TV is a gift to yourself. You will find that you can see the day in a different light than when you are in the moment. You may be grateful for particular events or wish that things would have turned out another way. The End of Day Reflection helps you put it all in perspective so that you can start fresh the next day, one step closer to your goals.

High quality nourishment

Water:

Breakfast:

Lunch:

Dinner:

Snacks:

Supplements:

My mood today was?

I love myself for:

Success of the day?

One thing I will do better tomorrow:

HOUR OF *power*

The Hour of Power is the first hour in the morning. It is the most important hour of the day and should be treated as such. This is the one hour when we don't have a list to check off or emails to check. Use it wisely! There is something magical about spending your first hour of the day in silence and by yourself. It's amazing what light bulbs go on regarding problems or challenges that normally seem confusing and foggy during the day. If you normally shove your breakfast down your throat and rush out the door, consider waking up earlier to experience your own Hour of Power. You can sit quietly, meditate, journal or set an intention for the day. Setting your intention for the day can help you feel focused and at peace with the day ahead. Below are a few thoughts to help you get the most out of your Hour of Power.

Thoughts, feelings & intuitions:

I am grateful for:

Intention for the day:

Goals for the day:

At least one thing I will do for myself today:



GET INTO ACTION!

Step 4 - Wellness 360 Mindset: What is your Wellness 360 Mindset Goal?

When will you get started?

Who will support you?
