

Healthy Habit Studio

Change your Life in 30 Days

Find the energy you've been missing



Let's talk about habits



30 Days to Form a Habit

Habits, habits, habits - How is this going to **change your life**? Give you more **energy**? I'll tell you how - The secret that no one has been telling you is that your lack of energy is just not from your diet, it's not entirely from your sleeping habits, it's not necessarily even from having too much caffeine throughout the day...These all may play a role, but more importantly it's from **subconscious patterns**, formed in a teeny part of your brain called the amygdala, that are keeping you *spinning your wheels, stuck in negative stress responses, and unable to get out.*

That may sound pretty overwhelming, but I am here to tell you that there are specific ways that you can **override** your nervous system and **BREAK** these patterns! and this 30 Day Habit Tracking Challenge is going to help you do just that.

You need to establish these **six** habits into your daily routine in ANY way you can. Each target your mind, body, and mindset to transform your **neurology** so you can actually have energy rather than feeling depleted and tired.

Be prepared - when building habits, it's always easy at first! But then, usually around day 10, **phase 2** starts and things get a little tough...you might have less motivation, your old self might be trying to talk you out of it and convince you it's not so important...but this is where you need to **keep moving forward**! Because once you hit phase 3, you have entered the point of **automation**; POSITIVE automatic patterns will begin to replace those negative subconscious patterns I mentioned earlier.

I'll be honest with you though, phase 2 can be really tough. If you are truly ready to make these changes, ask me about my **Healthy Habits program** so you can commit to yourself and to getting the energy you deserve.

On the following page, I have a super cute **habit tracker** that you can print off and put somewhere that you will see and fill out every day before bed! Make it **fun** so you keep up with it - Use different colors or stickers even.

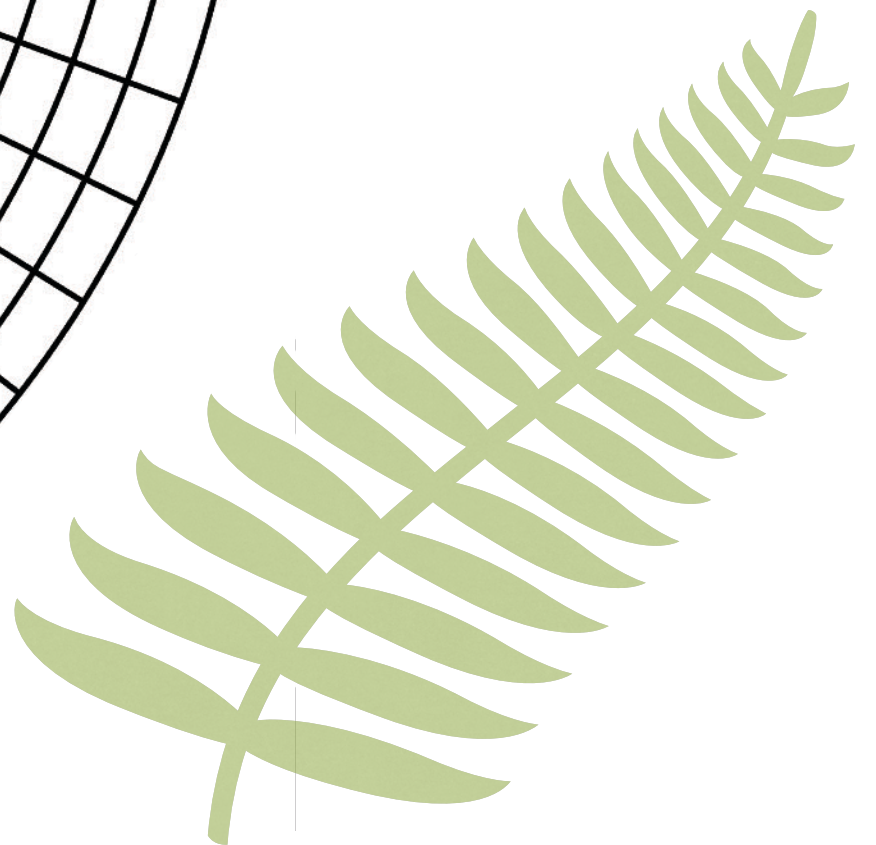
These six habits will initiate the changes in your brain, body, and mindset that are going to **power** you up to make lasting changes in your life after 30 days. **Contact me** if you need help with anything!

Scroll down for details on each habit. I hope you're as excited as I am!

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Change your Life in 30 Days

- 1 Reflection Journal
- 2 7 Minute Meditation
- 3 Get Outside
- 4 Exercise
- 5 Greens / Veggies
- 6 3 Liters Water



1. **Reflection Journal** - Spend at least 5 minutes every day reflecting on two things - One instance where you reacted poorly to something and one instance where you are proud of how you responded. Why did you respond poorly in the first situation? What do you wish you had done? How did it feel when you responded in a way that made you proud? How can the two things relate? Is there a way you can translate the positive feeling to the way you'd like to respond better to the other instance next time it happens?

HINT - Think small!! You may find that it's easier to come up with things you did poorly, but that is only because the things you did well are ALREADY AUTOMATIC! and by relating the two, you are establishing the blueprint on how to change your negative auto response to a POSITIVE auto response.

2. **7 Minute Meditation** - The science is in!! Meditation is a proven way to change your brain's neurology (which is what you have to do to start breaking those subconscious patterns!) If you're new to meditation, don't let it intimidate you. Just set a timer for 7 minutes, close your eyes and see what happens! If your mind wanders or won't be quiet, acknowledge what you're thinking of and then focus in on your breathing (In, 2, 3, 4 - out 2, 3, 4, 5, 6, 7, 8...) and then when your mind wanders again, just repeat 🧘 There are also amazing free meditations in all sorts of apps (I love "Balance") and on YouTube if you prefer a guided meditation!

I will have guided meditations coming out soon, so make sure you're on my mailing list to get yours for free!

3. **Get Outside** - This is really important! Sunshine, landscape, even small amounts of nature inside cities; Nature feeds your brain more complex information than the four walls of a building ever can. This encourages your brain to change and learn in different ways. Plus, the research states that it helps with stress relief! Decreasing stress and changing those stress patterns will make MASSIVE changes to your energy levels.
4. **Exercise** - This is for everyone! Whether it's exercising for an hour or a quick 10 minute workout, get your body MOVING. It will look different every day. Some days you'll need to push yourself, get sweaty, get your heart pumping! Other days, feel free to give yourself some grace and do a lighter workout if that is what your body needs. Whichever it may be, get moving - you deserve to reap the benefits of daily exercise 💪
5. **Greens / Veggies** - You are what you eat! Greens are chock full of essential vitamins & nutrients that are vital for allowing every single one of your cells to work as they should. Salads, green smoothies, steamed, sautéed - switch it up to keep it interesting! Your body craves variety so if you're feeling especially adventurous, see if you can try some new vegetables you've never had before!
6. **Drink 3 Liters of Water** - Did you know that your brain floats in water that feeds it the nutrients that it needs? If you're dehydrated, you can think of it as if your brain is sitting in old, dirty water 🤔 Let's avoid that, shall we?

READY.....SET.....GO!!! Sending love and supportive energy to you!
You Got This.

As always, **reach out** for extra support ✨

