



*28 to Elevate*  
**workbook**

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A Step-By-Step Guide To Elevate Your Mind+Body

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# WEEK 1

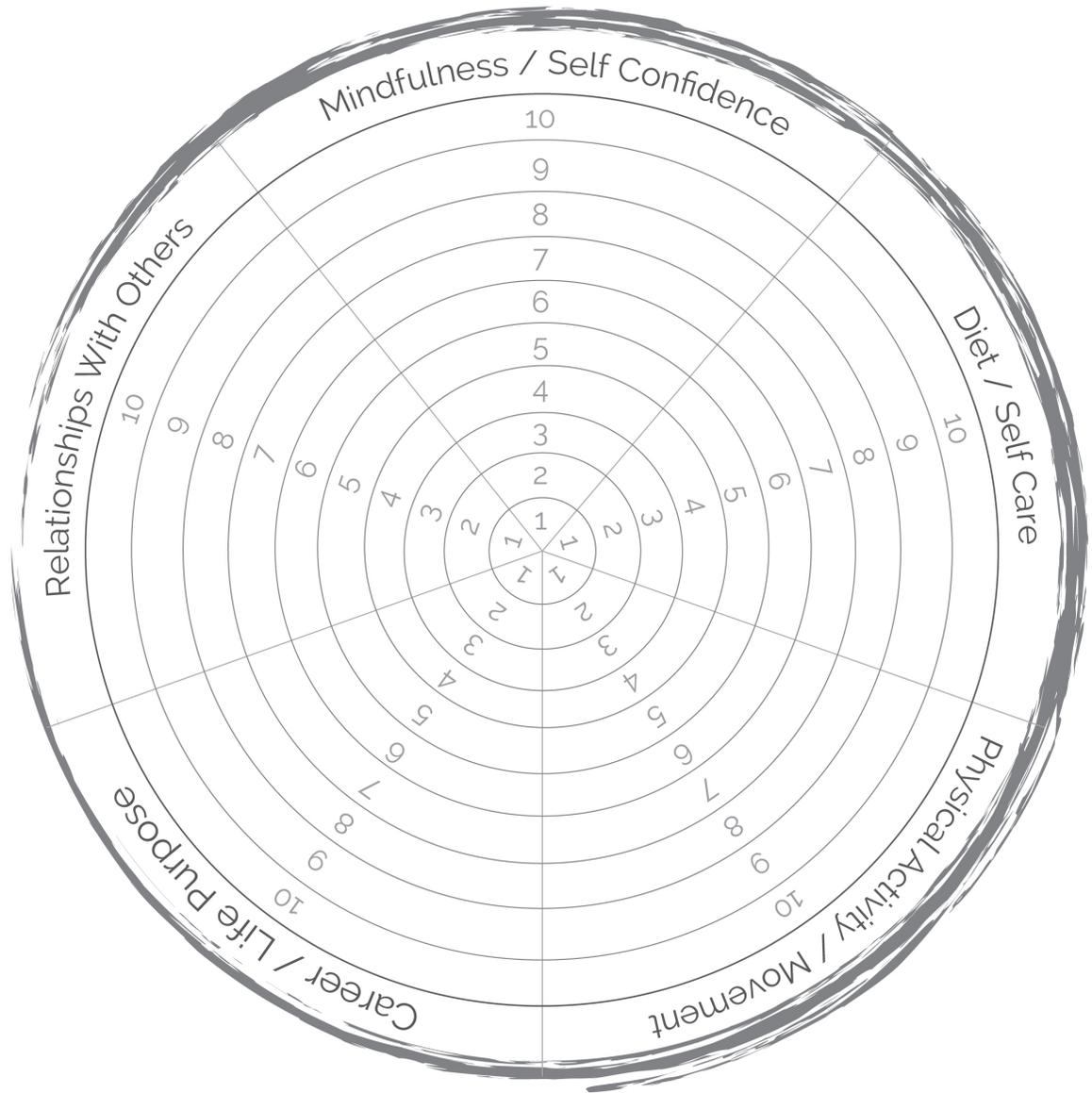
Foundations

&  
Fundamentals



# Wellness Wheel

1. Determine on a scale of 1-10 how satisfied you are in each category (1=extremely unsatisfied; 10=blissful, completely and mind-numbingly happy).
2. Fill in the wheel from the center up to that number
3. Step back and take a look at your wheel



Notes:

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# Goal Setting



- S. Specific
- M. Measurable
- A. Attainable
- R. Realistic
- T. Time-Restrained

## How To Write a Successful Goal

~~I will focus on my diet more~~

I am incorporating

present tense

1 home cooked meal a day

quantifiable & specific

every day this month.

by-when date

Wellness Wheel Category (Least Satisfied): \_\_\_\_\_

One Week Goal: \_\_\_\_\_

One Month Goal: \_\_\_\_\_

Wellness Wheel Category (2nd Least Satisfied): \_\_\_\_\_

One Week Goal: \_\_\_\_\_

One Month Goal: \_\_\_\_\_

Wellness Wheel Category (3rd Most Satisfied): \_\_\_\_\_

Goal: \_\_\_\_\_

Wellness Wheel Category (2nd Most Satisfied): \_\_\_\_\_

Goal: \_\_\_\_\_

Wellness Wheel Category (Most Satisfied): \_\_\_\_\_

Goal: \_\_\_\_\_





# Mindfulness, Meditation, & Personal Awareness

This morning I am feeling... *(mind & body: stressed, tired, energized, bloated, etc.)*

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Two things I am grateful for today:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

## Meditation Practice #1:

When you focused on isolated parts of your physical body, did it help you to be aware of areas where you didn't realize that you were holding tension? What other areas in your life might you neglect from day to day? How can you bring more awareness to these areas?

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## Meditation Practice #2:

How did taking your mind to another place make you feel? Was it easy for you to visualize? If your mind wandered, what was distracting you? Take some time to reflect on the challenges and successes of today's practice.

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# DAY 7 CHECK-IN

## Self-Reflection:

How are you doing with your weekly goals? What do you still need to do to accomplish them before Monday?

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What challenges have you overcome this week?

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What have you learned about yourself this week that you didn't know before?

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## Personal Growth:

What three things are you grateful for in your life?

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What is one thing you will do for YOU today?

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# WEEK 2

*Focus on  
Food & Fitness*

# Transform Your Thoughts and Words

Reflect on one thing you are discouraged about in your life or something you feel insecure about and write down statements using the above four techniques.

Example : *Insecurity - "I wish I were 10 lbs lighter."*  
**Conscious language** - "It feels great to fit back into my skinny jeans!"  
**Gratitude** - "I am grateful for my health."  
**Personal Affirmation** - "I love and accept myself unconditionally."  
**Visualization** - Visualize how you will feel when you achieve your goal. What do you look like, what does the world around you look like?

Everyday Thought: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Conscious Language: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gratitude: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Personal Affirmation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Visualization: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Now do this with any other recurring negative thoughts on a separate piece of paper and hang it on your bathroom mirror.



# Keep It Simple In The Kitchen

## Plan for the week ahead:

Make a list of things you can cook at the beginning of the week and enjoy multiple times during the week. Soups, chili, grilled chicken breast, & sauteed veggies are examples of foods that can be made in larger amounts and spread out throughout the week.

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## Prepping Once for Multiple Uses:

Now that you have a list of meals you can spread throughout the week, make a list of foods/ingredients that you can prepare to put in, on, or go alongside meals you plan to cook. This will also help you build your grocery list.

*Example:*

**Chicken noodle soup** = Chop **carrots**, **celery**, onions; cook rice or noodles, cook **chicken**; buy broth

**Salad for lunch** = Grate **carrots**; cook **chicken**; make hard boiled eggs; chop **red peppers**; buy Lettuce

**Veggies for stir fry** = Cut **carrot sticks**, **red peppers**, zucchini, and onions

**Veggies for hummus/lunch snacks** = Cut **carrot sticks**, **celery**, and **red peppers**

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Pick two days/times this week to prepare this list:

Day: \_\_\_\_\_ Time: \_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_

## Make it easy to stay on track:

Store healthy foods in clear containers on the top shelf of the fridge and at the front of your pantry. This is a mental trick. Can you think of a time in the past when you were looking for a snack and grabbed the easiest thing in the front? What are some foods you can put in clear containers and place in front that will keep you on track?

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# Food Hacks & Healthy Snacks

## Get Creative in the Kitchen:

- List 7-10 of your "guilty pleasure" foods (both meals and snacks).
- For each item on the list, jot down one healthy swap/add-on. If you can't think of a "cheat," what is a satisfying alternative?

1. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

2. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

3. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

4. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

5. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

6. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

7. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

8. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

9. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_

10. Guilty Pleasure food/snack: \_\_\_\_\_  
Healthy Add-on or Swap: \_\_\_\_\_



# Focus On Fitness

In the past, which type of physical exercise encouraged you most to keep going?

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Why?

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What are some easy exercise ideas you can incorporate throughout your day (*i.e.*: yoga poses, walk outside, at home videos):

When you wake up:

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While you are at work or after work:

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After dinner/before bed:

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Now that you have these exercises, try them out for a week, then tweak!

# Tools to Take With You

Use the time you dedicated for your workbook today to explore the tools we mentioned in the lesson. Pick two or three apps we suggested, try them out, and write down how you felt after using them.

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How can you incorporate these tools into your daily practice?

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Schedule time to focus on you and plan it out:

Time and duration you plan to sit in silence/meditate: \_\_\_\_\_

Time and duration you plan to focus on fitness/activity: \_\_\_\_\_

*NOW SET A REMINDER ON YOUR PHONE!*

WEEK 3



*Elevating  
your  
Environmental*



# Managing Stress

Write down a few activities that you have never tried but would like to try in the future to relieve stress, such as massage, acupuncture, cupping, yoga, meditation (transcendental, gong, breath work), or activities you wish you could do more often like a salt bath, reading in bed, or hitting the gym.

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What has been keeping you from trying these new experiences? Examples include limiting beliefs, financial strain, or insufficient time.

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What are two things you can do to overcome these "excuses" for not taking care of yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_

## Now go out and DO IT!

Plan two of these activities in the next one to two weeks and add them to your calendar with a reminder!

Day: \_\_\_\_\_ Time: \_\_\_\_\_  
Day: \_\_\_\_\_ Time: \_\_\_\_\_





# Successful Surroundings

*"We are the average of the five people we associate with most."*

1. Think of the top 5-10 people with whom you interact on a daily basis or people you consider to be EXTREMELY close to you.
2. Place each person under ONE of the categories across the top.
3. Put a + by those who have a positive impact on you/your life.
4. Put a - by those who have a negative impact on you/your life.
5. Then give that impact a value of -10 to +10, where "0" represents individuals who don't impact your life at all.
6. Circle the people who received a +6 through +10.
7. Add five more people to the list who you know and would give a +6 to +10, but don't see or talk to very often. Put a STAR next to their names.

## Who in your life...

	name	+ or -	#1-10
Inspires you and/or is personally ambitious:			
Is genuinely honest with you:			
Shares common likes/interests:			
Compliments you:			
Criticizes you:			
Doesn't fit any of the above:			

# Fun with Friends

Before you pick up the phone and call a friend to make some fun and healthy plans, let's reflect for a minute on the activities in the past that have made you feel less than great. Examples include: drinking too much and waking up with a hangover, going out to dinner and ordering the fettuccine alfredo AND cheesecake, or going to bed very late when you KNOW you have to make breakfast for your kids who get up at 6 am.

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From the people you circled on your list from yesterday's exercise, who can you make plans with this weekend/week?

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Now make a list of five activities with a friend that won't undo your week. Examples include cooking a healthy meal over good conversation, going for a walk or a hike, or getting people together to play board games.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Create An At-Home Workout

Pick three of the following arm exercises:

- Tricep Dips (Chair)
- Bicep Curls (Dumbbell)
- Wide or Narrow Rows (Dumbbell)
- Chest Press (Dumbbell)
- Lateral Arm Raises (Dumbbell)
- Tricep Kickbacks (Dumbbell)
- Plank with Arm Circles (Gliders)
- Pushups
- Tricep/narrow Pushups
- Plank with Shoulder Taps

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Pick three of the following legs exercises:

- Squat/Squat jumps
- Sumo Squats
- Curtsy Squats
- Box Jumps (Chair)
- Step Ups (Chair)
- Elevated Lunge (Chair)
- Front Lunge/Reverse Lunge (Gliders)
- Side Lunge (Gliders)
- Resistance Band Walks (Resistance Band)
- Single Leg Lifts (Resistance Band) - reclined on side

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Pick three of the following ab exercises:

- V-Crunch (Chair or Yoga Mat)
- Mountain Climbers (Gliders)
- Knee Tucks (Gliders)
- Plank with Hip Dips (Yoga Mat)
- Elevated Leg scissor kicks (Yoga Mat)
- Bicycle Crunches (Yoga Mat)
- Russian Twists (Dumbbell)
- Reverse Crunch (Yoga Mat)
- Plank Saw (Yoga Mat)
- Windshield Wipers/side to side leg lifts (Yoga Mat)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now do each exercise  
10 times each (Reps) and repeat 3 times (Sets)

# Pre-Cleanse Reflection

Think back on all that you have accomplished and learned. What do you plan to implement on a daily basis?

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Have you accomplished the goals you set in week one? If not, remember that life is a marathon, not a sprint, and today is another day to commit to YOU. Write down your personal affirmations to give yourself some encouragement for continued growth.

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What have you learned about yourself during these 21 days that you didn't know before?

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What is one thing you will do for YOU to celebrate your success along this journey so far?

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You are amazing. Stick with it!

xo Krissy & Claire