



28 to Elevate
workbook

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

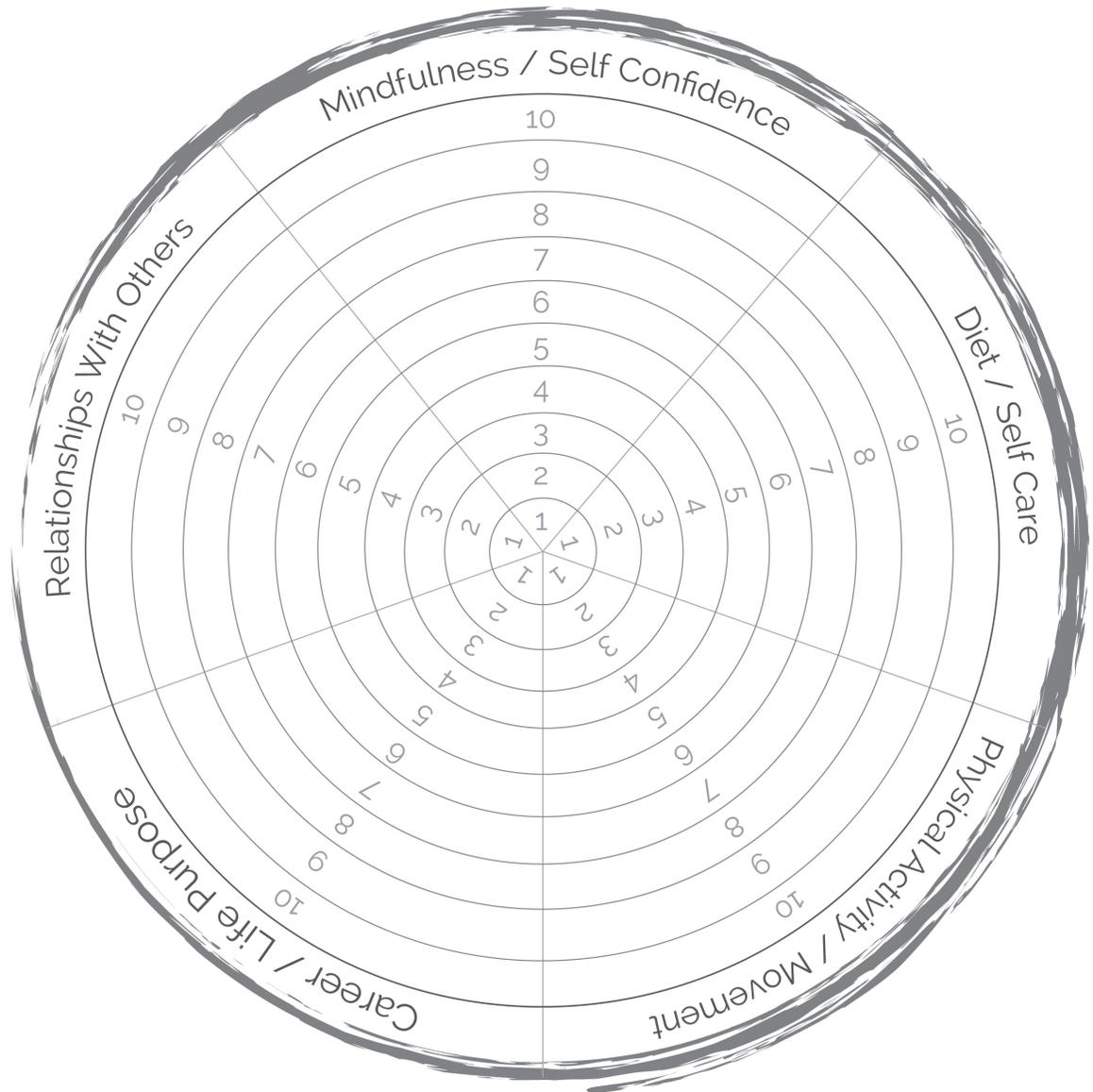
WEEK 1

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:

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.)*

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?

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.

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?

What challenges have you overcome this week?

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

Personal Growth:

What three things are you grateful for in your life?

What is one thing you will do for YOU today?

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.

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**

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?

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: _____

Feeding The Soul

Let's talk about your relationship with your kitchen. Does the thought of cooking for yourself or others intimidate you? Stress you out? Make you feel like a failure? Do you feel like you don't have the time or that it's just not a priority?

Spend some time reflecting on how you approach your relationship with home-cooked meals. If it is a negative one, try using the tools from day 17 (conscious language, gratitude, personal affirmations, and visualization) to empower yourself in the kitchen!

How to tackle Dining Out

Think about your favorite restaurant. Look at their menu and select a dish that looks healthy. Use the tips you learned to start planning your next visit.

Restaurant:

Dish:

Questions you might ask about the dish:

Focus On Fitness

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

Why?

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:

While you are at work or after work:

After dinner/before bed:

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.

How can you incorporate these tools into your daily practice?

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.

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

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.

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

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?

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.

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

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

You are amazing. Stick with it!

xo Krissy & Claire