



wellness mindset
workbook

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goal setting

Goal setting helps to improve self-esteem and confidence!

By setting specific and clearly defined goals, you can measure and track your progress, gain positive momentum and create sustainable change. In order to make goal setting as effective as possible, we want to make SMART goals:

<p>S Specific</p>	<p>Your goal is detailed and clearly states what you want to accomplish and <i>why this goal is important to you</i></p>
<p>M Measureable</p>	<p>Should include a plan with targets and milestones that you can use to make sure <i>you're moving in the right direction.</i></p>
<p>A Attainable</p>	<p>Is your goal realistic and achievable? It should stretch your abilities <i>but still remain possible.</i></p>
<p>R Relevant</p>	<p>is your goal worthwhile? Is it important and will help you in achieving <i>larger objectives.</i></p>
<p>T Timely</p>	<p>Can you track the goal in a set of time frame? The progress of the goal can be seen <i>weekly, monthly or yearly.</i></p>

goal setting

Goal no. One

Outcome I want to achieve:

Why this is important:

Steps I have to take:

Goal no. Two

Outcome I want to achieve:

Why this is important:

Steps I have to take:

Goal no. Three

Outcome I want to achieve:

Why this is important:

Steps I have to take:

pillars of health



PURPOSE & VALUES

Your purpose and values define the person you want to be and the life you want to live. When you are clear here, your thoughts and actions follow naturally! This pillar of health is creating a set of values or beliefs to help guide you and give you direction, meaning, and a sense of purpose to your life.



NUTRITION

Healthy nutrition is nourishment. Balanced nutrition includes eating a variety of foods during your daily meals and snacks to provide you with the fuel and enjoyment you deserve. Balanced eating creates harmony between nutrition guidelines, the experiences of what works for your unique body, and the foods you actually enjoy.



MOVEMENT

Movement does not have to be an official exercise, but it could be! Joyful movement means doing what feels good to your body. Regular movement has so many benefits, including increased energy, decreased stress, improved sleep, improvements in cardiovascular health, improved mood, reduction in cognitive decline, and greater ability to recognize body sensations (including hunger/fullness cues)!



SLEEP

Sleep is crucial so our bodies can rest and repair. During sleep, our brains and bodies have the opportunity to recharge. Adequate sleep is associated with strengthening the immune system, improved cardiovascular function, appropriate hormone responses, improved memory, stress reduction, and improved pain tolerance.



STRESS MANAGEMENT

Health is both physical and mental, and one of the biggest strains on our mental health is chronic stress. We want you to take a proactive role in managing your stress! You'll see how this makes all of the other pillars of health much more manageable, enjoyable, and sustainable.



COMMUNITY

Social health is having a sense of connection, belonging, and a support system of friends and family members. It's also the ability to connect with those we meet by learning good communication skills and sharing thoughts, feelings, and ideas.

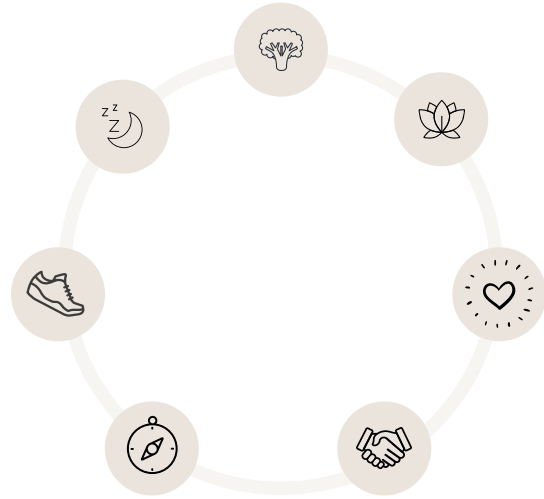


SELF COMPASSION

Cultivating a mindset of self-compassion is essential (!!) for health. Any small act of self-care helps you reconnect to yourself and build an understanding that you are deserving of respect from not only yourself, but of others as well.

pillars of health

- PURPOSE + VALUES
- NUTRITION
- MOVEMENT
- SLEEP ROUTINE
- STRESS MANAGEMENT
- COMMUNITY
- SELF COMPASSION



What pillars of health are well established in your daily routine?

What pillars of health do you need to focus on incorporating more?

As we move forward, we will begin by building your daily routine to support your long-term goals and objectives. Each step must be strategic and sustainable in order to achieve success.

positive mindset

Everything in life starts with your mindset first and your actions second. Your actions follow your thoughts, your beliefs and ideas. To make a shift and free your energy: start with getting your mind right and then, take action.

Cultivating a positive mindset requires several things:

SELF-AWARENESS

Self-awareness is understanding our own beliefs, thoughts, motivations, and actions. Attuning to your body's cues can help you become more aware of your physical and mental needs, giving you more knowledge and tools to take the steps to meet those needs and build more sustainable habits.

Begin by taking note of your current eating habits.

Now I know this may make you want to skip to the [Alignment](#) section, but trust me, spending time in this section will lay the [Foundation](#) for your success!

Since we are all unique, it's important to recognize how our individual schedules and emotions impact the way we eat. Although what you eat is important, we care more about how and why you eat -- this information helps us understand the way you think about food and your relationship with food. It also helps us know how to best support you in your journey moving forward!

Challenge

Take this week to check in with your body before and after meals. Note how you were feeling before the meal, where you were eating, and how you felt after your meal. Do your best to limit judgment, we are just observing the patterns and practicing curiosity.

This may feel stressful at first, which is completely understandable. With patience, practice, and your Dietitian's support, you can learn to become more not only more self-aware, but also become an expert at self-compassion!



REFLECTION

Reflection allows us to notice any patterns and understand our inner state. After adopting the initial step of observing without judgement, we can then start to reflect on what we recognized.

Reflection can be practiced in many ways. An incredibly effective way to reflect is through journaling. Writing helps us process our thoughts and can also create more headspace as we put our thoughts onto paper. Other ways in which you can practice reflection are by simply being still and finding a quiet space where you can be alone with your thoughts. Such as through meditation, yoga, and so much more.

Find a reflective practice that works best for you and encourages you to keep practicing.



PRACTICE POSITIVE AFFIRMATIONS

Affirmations are powerful and positive statements. They can bring you back to the moment to remind you of the truth, especially when you're feeling down. If you have never practiced positive affirmations they may feel strange and foreign at first. They may even feel like you are speaking dishonestly. That's okay. Remember we have the ability to change our thoughts and beliefs. Give it time!

Here are a few of our favorites:

I am becoming the best version of myself.

I am aligned with my purpose.

I appreciate my body and all that it does for me each day.

I will not listen to the negative voices in my head.

I will not compare myself to other women.

I will treat my body with respect.

My body is my home and I will build it up, not tear it down.

My body can be trusted.

I take care of my body from a place of love.

My growth is a continuous process.



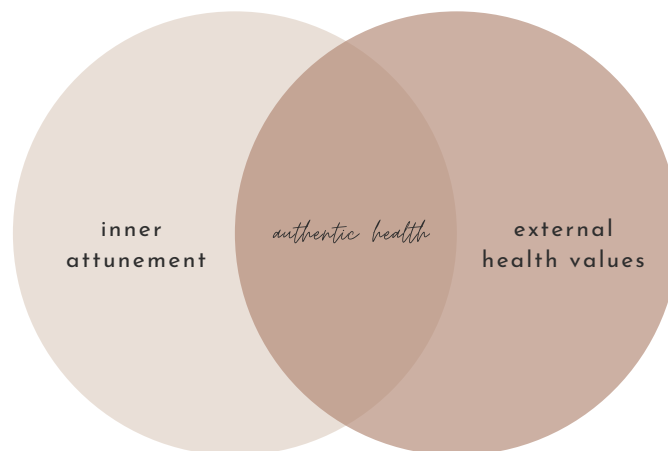
FOCUS ON DAILY HABITS

It's important to stay committed to yourself, your goals, and your vision of health. It can feel overwhelming to focus on the end goal and overall outcome you hope to achieve! Instead of focusing only on the results, it can be helpful to focus on daily habits that will help you achieve these goals.

You will be surprised at how impactful small daily changes can be!

Routines are all about creating small daily practices that add up and transition into long-term health. That's why something as simple as a morning routine can impact your health and wellbeing in many ways.

A key part of taking care of yourself is creating more space in your life to do the things you need to feel your best. This is a part of inner attunement. Morning routines create that space we need in the morning to start the day off on a positive note. We're not just talking about drinking coffee, getting ready for the day, and eating breakfast - we're talking about starting your day with intention and purpose so that you can live each day under the health values you align with.



wellness routine

By making short, simple routines throughout the day, you'll not only be able to create healthy habits that stick, but also develop a more consistent, joyful approach to wellness.

The 4R Framework is designed to allow you to create simple, sustainable mini-wellness routines: refresh (morning), revive (mid-day), reset (afternoon) and rest (evening). Use this guide to create your own personalized wellness routines.

1

FEEL

Each morning, take a few minutes for reflection. How do you want to feel? How are your mindset, habits & actions aligned?

2

FOCUS

What habits & actions do you want to focus on today? Use the focus menu below to map out your routines.

3

SCHEDULE

Using the 4R Framework, plan out your daily mini-wellness routines. Decide ahead what you will do, and at what time.

four R's

refresh

revive

reset

rest

focus menu

read

stretch

gratitude list

write

meditate

journal

breathe

yoga

connect

podcast

music

shower

wellness routine

MORNING
your ideal start to a great day



THROUGHOUT THE DAY
Recharge and relax

EVENING
Wind down and prepare for the next day

Questions to check-in:

- What does an ideal day of health look like?
- What would change about your daily life if you prioritize your health?
- What are 1-2 simple things you can add to your daily schedule this week to begin building on your current healthy habits?

Download the daily habit tracker [here](#) to keep up with your daily routine!

wellness routine

How do you track your progress?

Here at Beyond Nutrition Co, we believe in measuring health progress with true health indicators. We do not typically use weight to track for health progress since weight naturally fluctuates regularly based on sleep, stress levels, hydration, and menstruation. We focus more-so on positive behavior change, and use non-weight health indicators to track the result. This is why we focus solely on implementing health habits that we can consistently build upon and track over time! There are many ways we can track your progress!

Here's a few:

NON-WEIGHT INDICATORS TO TRACK

- Sleep quality
- Energy Levels
- Mood
- Food Cravings
- Hunger/Fullness cues
- Training performance
- Drive to train or be active
- Cycle regularity and symptoms
- Digestion
- Basal Body Temperature

Keeping a food journal may be another helpful tool you can utilize.

You can log what you eat, but more importantly, you can log how you feel before and after eating and note any patterns.

Wellness Mindset Workbook is a product of The Beyond Nutrition Co
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