



## OUR STARTING POINT

6 Weeks to Feeling Better

# WEEK 3

community - 8 minutes

**Key Take Away:** We need connection no matter what our week looks like.

**Action:** Make some connection options for stressful weeks, average weeks, and ideal weeks. Then schedule what would work for this week.

nutrition - how we eat

**Key Take Away:** How we eat, ei: eating rushed, stressed, starving can make us feel bloated and miserable

**Action:** Notice your hunger levels and when you might be rushing your meals, try to slow down, eat when you can relax and enjoy

self - fun

**Key Take Away:** We deserve fun!

**Curiosity Questions:** How do you have fun now? Are you having fun these days? What is not fun for you? What was fun for you when you were 16? When is a time you had the most fun? What would you like to try that sounds fun?

GOAL #1	WHAT SUCCESS LOOKS LIKE
ACTION STEPS	
<div>DUE DATE: _____</div>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

# HABIT TRACKER

MONTH: \_\_\_\_\_

## MORNING ROUTINE

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## MOVEMENT

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## MEALS

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## SELF-CARE

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