



## OUR STARTING POINT

6 Weeks to Feeling Better

**Key Take Away:** We need sleep, our body is supposed to spend 1/3 of our lives sleeping. There are tons of ways we aren't actually in control of our sleep quality but we can do a few things to make it a little more effective when we do hit the hay.

**Action:** Find one fun, or enjoyable, way to enhance your bedtime routine. Then choose one *responsible* action to help you sleep a little more soundly

## **Dream Up Your Dream Time:**

Journal what your ideal bedtime routine would be, with both fun, luxurious, and responsible ideas

**Fun Sleep Tips:** new skincare routine before bed, lavender oil, bath, cozy jammies, a candle, well made bed, soft music

**Adulting Ideas:** Set a bedtime alarm on your phone, calculate bed time 9 hours before you have to wake up, charge your phone away from bed

# WEEK 5

movement - what we really  
need

**Key Take Away:** There are certain types of movement that we need for healthy aging. We might not like all these kinds of things, but knowing the reasons why can make it a little more bearable to get through

**Action:** Look at the list of activities. Notice the ones you are usually good at doing and notice the ones you don't really like or could do a little bit more frequently. Try to add that in this week

## Strength Training:

Resistance Bands,  
Kick Boxing, Cross Fit,  
Kettle bells, Circuit  
Training,

## Bone Density:

Aerobics, dancing,  
walking, jogging,  
racket sports,  
resistance training,  
hiking, stairs

## Flexibility/Balance:

Yoga, Pilates,  
Stretching, Tai Chi,  
Dancing, Resistance  
Bands

## Cardio Vascular:

Swimming, Running,  
Dancing, Hiking,  
Walking, Aerobics

# WEEK 5

self - all the voices

**Key Take Away:** There are voices and conversations going on in our heads, the fancy name is *Internal Family Systems*, they can help or hinder some of the helpful actions we want to take in our lives.

**Curiosity Questions:** Who are your voices and what are they trying to tell you? Can you try talking back with them to see if it makes it easier to do some of the changes you know would be helpful for you?

**A Podcast that Might Explain IFS Better Than Me:**

**We Can Do Hard Things with Richard Schwartz**

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- **Noticing How Awesome You Are Everyday**
  - **Packing 2 meals/snacks per week**
    - **Bonus if you're looking at your week and choosing meals and snacks that will improve your day and help you digest more easily.**
  - **15 minutes of movement 2x/ week,**
    - **Try to notice what movements you enjoy more than others.**
    - **What movements do you avoid and do you need to add those in for their overall health benefits?**
  - **8 minutes of connection per week, in a way that works for the week you have.**
  - **Have fun, even a little bit, each day.**
  - **Check out your stools and see what foods you can add to make some difference.**
  - **Sleep Hygiene, what fun activities are you adding at night, what responsible actions are you adding in?**
  - **Notice when the voices in your head don't have your best interests at heart.**

GOAL #1	WHAT SUCCESS LOOKS LIKE
ACTION STEPS	
<div>DUE DATE: _____</div>	<div><div></div><div></div><div></div></div>

# 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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