

SEASON 2: AUGUST HARVEST

6 Weeks to Feeling Better

self - gratitude

WEEK 1

2x1: Reset for a Change in Season Key Takeaway:

- reset for change, plan for next year, what do you want to see and feel when next summer comes around?
- What do you wish you would have done differently?
- What do you make sure you do next year.

Action

- Set those reminders, put things away the way you want to find them next year
- Help your future self have a great summer 2025

2x2: Gathering Gratitude

Key Takeaway:

• First harvest season. A time to could your blessings, what good stuff came out of this summer? What actions did you put into place a the beginning of the year that are really starting to blossom?

Action

• Each day try to include a few minutes to see all the good that is around you, that brings you joy, that you look at and think *I did that*'.

WEEK 2

2x4: Create a 6 Week Meal Plan Key Takeaway:

 If you can meal plan for 1 week, you can meal plan for 3 weeks, and if you can do 3 weeks, why not just do 6 weeks. Taking meal planning off of your mental load is well worth it.

Action:

 Use the forms, or just some blank paper to sketch out what the next 6 weeks might look like for you and what meals you might want to eat along the way

2x6: Story Time - Demeter Key Takeaway:

 In the story of Demeter she is the mother goddes that makes everything grow, but she can just as easily take it all away. As we are mothering and caregiving, let's remember to do so with an open heart and mind and ot play the martyr in our own lives.

Action:

• Where are the points of tension in your life? Are you holding on too tightly? Is there an open minded compromise that might be helpful and a win/win for all involved?



self - reflection

WEEK 3

2x7: Celebrate the Good Times Key Takeaways:

- If we don't take time to celebrate all we've accomplished, then what's the point?
- Ritual can be fun even if your friends might things it's weird
- Fun is soo important!!!

Action:

• Plan a way to celebrate the end of summer WITH someone that brings out the best and most fun in you.

2x8: Harvesting Your Past Apples

self - reflection

Key Takeaways:

• You have done things, AMAZING things, but sometimes we forget just how amazing we are. Remember these past accomplishments is vitally important to help you move forward in all your future endeavors.

Action:

• List out 3-5 things that you've done in the past that you are super proud of, that you never thought you could do, and how did it make you feel when you accomplished it? How does it make you feel now thinking back on that time?

WEEKS 4&5

2x12: Tools to Help Key Takeaways:

• While motivation may be fleeting, there are some actions that we can take to help us get those little dopamine hits throughtout our days to help us continue to propel forward

Action:

 Create a few tools around yourself to keep you engaged with your mission at hand. What appeals to you and your desire to keep going? A check list? a sticker chart? Make it happen

2x13: You Suck September!

Key Takeaways:

 It's a new month and as you work through your goals it is good to remember that getting out of your comfort zone and trying something new is not only fun and good conversation starters, but it builds resilience for you and those watching

Action:

• Be ok with sucking this month. What can you add to your actions this month that is totally out of your comfort zone but worth the effort?

2x14: Phrases that Pay

Key Takeaways:

• Having mantras or affirmations that can help to bring you back to center can be helpful.

Action:

• Create your own words or phrases that you can hold onto during difficult moments

self - resiliance

stillness

self - reflection

WEEKS 3&4

2x9: Planting Your Next Harvest Key Takeaways:

• With the confidence of your past successes behind you, what is next for you? We have lots of time left in the year, what do you want to plant next?

Action:

 Take a few minutes to think of how you want to FEEL at the end of October? When you thnk to yourself, 'wow, I"m so glad I did that', what things could that include?

2x10: Goal Setting

Key Takeaways:

 It's very hard to make things happen in your life if you don't make goes that will lead to the things you want.

Actions:

• Use the forms below to create some apples you'd like to harvest over the next few months.

2x11: Motivation

Key Takeaways:

• Motivation and willpower aren't as helpful as we all think they are. But they can light a spark under us to get moving

Action:

 Build your fire. What small kindling will help get you moving and give you some momentum, what larger sticks and logs do you need for the long haul?

WEEKS 5&6

2x15: Weekend Challenge

Key Takeaway:

• You can get a lot done in 15 minutes, you just gotta do it. **Action:**

• Choose one thing that would really make a big difference on what you're working toward. Start a timer and get 'er done.

2x16: Fall Food Curiosity

nutrition

Key Takeaway:

 There are some really yummy foods and flavors coming out at this time of year, and we shouldn't punish ourselves by enjoying them.

Action:

 Get curious about the foods you really enjoy and HOW you like to enjoy them, then do it!

TAKING STOCK AND STOCKING UP

What worked really well this summer? What do you wish you would have done more of? What do you wish you wouldn't have done? What will do you need to get for next year?

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What happened this summer that you are so grateful for?

What are the small things that bring you joy?	Where in your body do you feel gratitude?	How can you find more of this each day?

Meal Prep Tips

Being a mom, with a new baby or as a seasoned pro, the only constant is being busy. Many moms really want to give themselves and their kids well balanced home cooked meals 7 nights a week, however that reality can be a little out of grasps some times.

I coach my clients to set small realistic goals and to use their time wisely and efficiently. Here are a few tips to help you get dinner to the table with less stress.

1. Look at a calendar. This might seem basic, but seriously, look and see what days you actually have time to cook, and what days it just isn't going to happen. Don't set yourself up for unrealistic expectations.

2. Choose 1 or 2 days where you have the most time to cook. See where you can carve out 30-45 minutes. On those days you have more time, prepare enough ingredients for 2-3 meals.

3. **Cook Once/Eat Twice.** If you're in the kitchen, make the most of the time you have. Chop all your veggies and put them in containers where you can grab, go, reheat, easy peasy! When it comes to protein sources, I suggest seasoning mildly salt, pepper, (I like to add a little herbes to provence I think it goes with anything) and bake it. Make sure you do this to make enough for a few meals, so think 1 -1.5 pounds for 1 evening meal for 4 adults, so bake 3+ pounds to last for a few days. When this is done you now can reheat your protein in a variety of sauces and seasonings to make NEW quick meals throughout the week. Check out the table below.

4. **Play the Reheat Scramble**. Once your proteins are cooked you can reheat and re-purpose with different seasonings and sauces

What sounds good to you?

Decide what protein, seasonings, and sides you want to make this week

Sauce/Seasoning	Vegetable	Starch or Grain
	Sauce/Seasoning	Sauce/Seasoning Vegetable

Proteins

Beans and Legumes Chicken Eggplant Eggs Milk, yogurt, cheese Mushrooms Nuts and Nut Butters Pork Red Meat Soy, Tofu, and Tempeh

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Sauce/Seasoning	Side Dishes	New Meal	Notes: Reheat your protein
Pasta Sauce	Pasta and Green Beans	Presto Parmesan	in your favorite pasta sauce and top with cheese to make a quick Italian Meal
Salsa	Black Beans and Bagged Salad	Taco Salad	With drained and rinsed black beans and top salad greens and salsa for a quick salad
Jarred Tiki Masala or other Curried Sauces	Chickpeas and Frozen Cauliflower Florets	Quickie Curry	With rinsed chickpeas and cauliflower and sauce for a yummy meal.
Teriyaki/Asian Sauces	Instant Brown Rice and Frozen Stir Fry Veggies	To Easy Take Out	In this sauce and cook frozen veggies and rice as directed
Broths and Stocks	Noodles and Frozen Soup Veggies	Soups On	Cook noodles in broth then add frozen veggies and finally protein to warm through for a quick soup
Pesto	Steak Fries and Frozen Broccoli	Presto Pesto	In Pesto while Steak fries bake and you reheat broccoli as desired
Diced Tomatoes	Brown Rice and Bagged Slaw Mix	Un-stuffed Cabbage	On the stove top. Then Add tomatoes and Slaw into the pan and season with salt and pepper. Serve over Brown Rice

Building a Plate

There are a million different ways to eat, but this is a very GENERAL way to build a plate or a mixed dish. Mostly vegetables and fruits, grains, and proteins. For more specific guidelines for your family reach out to a Registered Dietitian.

Protein Options	Vegetable Choices	Grains and Starchy Vegetables
Beans and Legumes Chicken Eggplant Eggs Milk, yogurt, cheese Mushrooms Nuts and Nut Butters Pork Red Meat Soy and Tempeh	Green Leafy Veggies (Spinach, kale, collard, mustard, arugula, lettuce, etc) Carrots, Celery, Onions Tomatoes Green Beans Broccoli, Cauliflower, Brussels Sprouts Asparagus Zucchini, Yellow Squash Peppers	Pasta and Rice Bread, rolls, buns, tortillas Potatoes and sweet potatoes Corn Butternut Squash

Building a Plate



Meal Prep Tips

Let the Grocery Store Help You Choosing products that are pre prepared isn't a bad thing!! Use these things to help your self, and your family, out!

Here is a quick Grocery List you can start building some staples to have on hand.

Produce Section	Pantry items	Freezer Section
Precut Broccoli Carrots and Celery Bagged Slaw Mixed Veggie Trays Guacamole	Pasta sauce Jarred Tikka Masala Teriyaki Sauce Canned Black Beans Canned Chickpeas Precooked Brown Rice Pre Cooked Quinoa Nut butter Canned, low sodium, veggies	Frozen Broccoli Frozen Cauliflower Frozen Edamame Frozen Stir Fry Veggies Frozen Eggplant Slices Frozen Any Veggies!

Mother and Martyr

Demeter teaches us that you can be an amazing goddess and be able to create everything for everyone, but when you hold what you love most dear too tightly you can end up punishing the whole world when things don't go your way.



CELEBRATE THE GOOD TIMES

What feels like a celebration this time of year? Who would you want to be with you? What do you need to honor the past and get ready for the next part of the year? How can you make this just a little more special or fun or fancy or all of the above?

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When is this shindig happening and where? Invite the people now! Set the date, put the wheels in motion.

What can you bring to make this celebration special?		What is something you want to share with your guests?		How will you let your wild woman roar?		

HOW 'BOUT THESE APPLES

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List all the ways in the past you have succeeded or surpassed your own expectations?

How does it make you feel to think back on those accomplishments? Where in your body do you feel those things?





LET'S PLAY WITH FIRE



PUTTING IT ALL TOGETHER

OVERALL GOAL

WEEKLY ACTION STEPS

WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	

HOW WILL I BUILD MOMENTUM?

WHAT CHALLENGES CAN I FORESEE AND PREPARE FOR?

END OF SEASON WRAP IT UP

How can you suck this month? What would be fun but you've been afraid to try?	
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Phrases that pay:

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- There's gold on this journey
- You can't get it wrong and you'll never get it done

What phrases can you add that will help you this month?

You have 15 extra minutes, what is something you could do **RIGHT NOW** that would help you out.

	What are your favorite fal flavors?
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How do you want to enjoy
these yummy fall foods?

EVERGREEN

These are the bare minimum actions we should be working towards each week to help us feel energized. Just here as a reminder

- Pre-plan out what you need for a hard week or a hard day.
- Rampage out of a low mood
- 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.

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- 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.

Hard week/Day Tips and Tricks

Stillness:

- Box Breathing (inhale for 4, hold for 4, exhale for 4, hold for 4, repeat as long as you need)
- Stay in your car before/after a stressful event
- listen to a meditation in a quiet place

Helpful Movement:

- Park at the back of the parking lot
- Stretch before bed
- Punch the air... a lot
- Dance party in the house
- Video game that is a dance or activity based

Finding Fun:

- Look for things that are your favorite color Try not to step on a crack
- Wear fun earring or get
 dressed up
 - Watch funny youtube videos

Sense of Self:

5,4,3,2,1 Grounding (See 5 things, touch 4 things, hear 3 things, smell 2 things, taste 1 thing) Walk or touch grass

Stop to notice how your body physically is feeling

WORST DAY PLAN

FOOD THAT FUELS

WUKJI UH	BREAKFAST:	LUNCH:		
	FINDING FUN TODAY!	DINNER:	SNACKS:	
HELPFUL MOVEMENT	THINGS THAT HAVE TO GET TO DONE	REMINDER: I'M AWESOME BECAUSE		
EXTRA WATER REMINDER				
000000000		FIND ST	ILLNESS	

Hard Week Plan:

Schedule the following to help you have a week you feel good about

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Helpful Snacks/Meals	Gentle Movement	True Connection	Stillness and Rest	Sense of Self
Where do you need to be fed and nourished?	How can you move your body to feel energized or reduce stress?	Who or how can you connect to improve mood?	Where can you put boundaries to get rest or quiet you need to restore yourself?	Remind yourself daily that you are a powerful amazing creature?

Monday	Tuesday	Wednesday
Thursday	Friday	Weekend
Thursday	Friday	Weekend
Thursday	Friday	Weekend
	Friday	Weekend
		Weekend
		Weekend
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		Weekend
		Weekend

I'm awesome because...

How can you sneak in some fun this week?

Joy/Appreciation/Empowered/Freedom/Love

Passion

Enthusiasm/Eagerness/Happiness

Positive Expectation/Belief/Optimism

Hopefulness

Contentment

Boredom

Pessimism

Frustration/Irritation/Impatience

Overwhelment

Disappointment

Doubt

Worry

Blame

Discouragement

Anger/Revenge

Hatred/Rage

Jealousy

Insecurity/Guilt/Unworthiness

Fear/Grief/Despair/Powerlessness

Move UP the emotional scale

GOAL #1	WHAT SUCCESS LOOKS LIKE	
ACTION STEPS		
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DUE DATE:	•	

HABIT TRACKER

M O N T H : _____

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MORNING ROUTINE	М	Т	W	Т
MOVEMENT	М	Т	W	т
MEALS		т	\//	т
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SELF-CARE	Μ	Т	\mathbb{W}	Т