

goal planner

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

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NOTES & IDEAS:

goal planner

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NOTES & IDEAS:

SPARE TIRE CHALLENGE CHECKLIST

COMPLETE THIS CHECKLIST DAILY. REMEMBER THIS CHALLENGE IS ABOUT AWARENESS, NOT PERFECTION. MEET YOURSELF WHERE YOU ARE.

SELF LOVE - "WHEN IN DOUBT, LOVE IS THE ANSWER"

- Forgiveness - forgive yourself and others
- Service - serve others with love
- Self love - pay attention to your self talk, be kind to yourself, express your gifts
- Gratitude - count your blessings throughout the day
- Compassion - for yourself and others - listen with your heart

Day

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INTERMITTENT FASTING - "EAT LESS, LIVE MORE!"

- 32 ounces of water before eating or drinking anything else
- Eat in an 8-hour window
- No food 3 hours before bed
- Eat as much organic whole foods as you can and be present
- Fresh fiber first

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CALM YOUR NERVOUS SYSTEM -

"YOUR NERVOUS SYSTEM IS NOT MEANT TO BE NERVOUS ALL THE TIME"

- Identify things/people/places that trigger you, why?
- Be an observer of your thoughts, emotions and breath
- Pair your nervous system with your current task - be present
- Be in the moment (not in the past or future)
- Choose, chew, chill, cherish, check

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REST AND RECOVERY - "SLEEP IS SACRED"

- No screens 2 hours before bed
- Eliminate overhead lighting 2 hours before bed (use lamps with warmer coloured bulbs)
- In bed by 10 pm, get 7-8 hours of sleep
- Get morning sunlight exposure
- Sleep in complete darkness, keep the room cool, no electronics

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JOYFUL MOVEMENT - "EXPRESS YOURSELF"

- Movement that you look forward to and brings out your inner child
- Movement that allows you to express yourself (Dance, Yoga, Tai Chi)
- Movement that brings you into the present moment
- Movement that does not create massive stress and inflammation
- Movement that increases mobility

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need more support for your health journey?

FOLLOW ALONG!

Follow me on [IG](#) or join my [Facebook community](#).

Learn all my simple, practical tips for increasing energy, balancing hormones, and improving digestion.



COACH WITH ME!

[BOOK A CALL](#) WITH ME TO LEARN ABOUT MY SIGNATURE COACHING PROGRAM!

You are more than your symptoms or diagnosis. I'm here to guide you...to create a plan... and to make sure you have the support to get there!

GET THE BOOK!

Get my book...

[HEALED HIS WAY](#)

God created your body with an amazing capacity to heal itself when you give it what it needs. By cooperating with our body's systems, providing proper nutrition and supplements, along with exercise and common sense, we can experience optimal health and wellness.

