

Healthy Habits

Baby Steps to Better Living



We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

~Maya Angelou



Cheryl Miller, M.S.
Exercise Physiology and Community Health

Life Lessons from a Butterfly

let go of the past
trust the future
embrace change
come out of your cocoon

unfurl your wings
dare to get off the Ground
ride the breezes
savor all the flowers
put on your brightest colors
let your beauty show

~ Author Unknown



An Easy Life?



There is something about butterflies that seems to make everyone feel joyful. How beautiful and carefree they appear, lightly dancing from flower to flower, barely pausing to lay an egg on newly emerging foliage. They lift our spirits with their apparent ease of living. But in truth the life of a butterfly is anything but easy and carefree.

Consider the zebra longwing. From the moment of hatching, the caterpillar has only one purpose in life: to eat. Feeding continuously, the caterpillar grows quickly, bursting through layer after layer of skin (molting). Once the eating machine has reached maximum capacity, it attaches itself to a leaf with a silken string and hangs upside down to prepare for one of the greatest feats in nature. Inside a chrysalis that is disguised as a dried up leaf, the caterpillar completely liquefies and then reassembles itself as an adult butterfly. After about nine days, the delicate new butterfly is ready to emerge from its cocoon.

For female zebra longwings, this is not an easy task. Hovering over the chrysalis are male butterflies, fighting off one another in the hopes of mating with the female as she emerges, or even before she emerges.

At first emergence from the chrysalis, the wings of the butterfly are like soggy paper and cannot fly. Fluids from the butterfly's body are pumped into the wings, and after a few hours they are stiff enough for the butterfly to fly.

From this time on, the butterfly exists solely to reproduce. A female zebra may lay up to 1,000 eggs, surviving on only flower nectar and a little pollen. Many do not survive long enough to pass along their genes. The list of butterfly predators includes frogs, snakes, birds, spiders, reptiles, and small mammals. The entire life from egg to adult can be as short as 21 days. By then eggs are hatching and the cycle starts again. Garden Views, Autumn 2002

Amazing what can take place in just 21 days! And did you know that if you cut away the chrysalis to try to help the butterfly as it works to free itself, it will die? It needs to put forth great energy to come into its life in order to have the strength to live life. That may be where this famous saying comes from: If it doesn't kill you, it will make you stronger. Coming into your own life and making the necessary changes takes focus and committed effort. This workbook will help you stay on track. I promise your next 21 days will feel like a cake walk by comparison to the life of a butterfly. I hope you enjoy it!



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21 Daily Lesson Checklist

After completing the daily lesson, check it off:

_____ **Day 1:** Decide what wellness habit you will put in place and nurture during the next 21 days.

_____ **Day 2:** Phrase your goal so that it excites you and inspires you to act.

_____ **Day 3:** Give your wellness lifestyle goal a high priority "project status" to show that you really want this goal and that you're committed to achieving it.

_____ **Day 4:** List the action steps needed to complete your wellness "project."

_____ **Day 5:** Increase your level of commitment to achieve your goal.

_____ **Day 6:** Stay inspired with these three tried and true strategies.

_____ **Day 7:** Set up a personal support system.

_____ **Day 8:** Create and perfect wellness systems and environments to help you achieve your current wellness lifestyle goal.

_____ **Day 9:** Simplify and manage your life to make room for wellness.

_____ **Day 10:** Become Aware of Triggers to slip back into old habits.

_____ **Day 11:** Tune in regularly to your thoughts, feelings, and body wisdom.

_____ **Day 12:** Enjoy the power that comes with taking 100% responsibility for your life and for the care and feeding of your body, mind, and spirit.

_____ **Day 13:** Notice and replace self-talk that keeps you from living a healthy, happy life.

_____ **Day 14:** Rename and reframe negative events to reduce your daily stress.

_____ **Day 15:** Increase your success by recognizing the start-stop elements of habits.

_____ **Day 16:** Focus on pleasure and enjoyment to make your new lifestyle habit sustainable and satisfying.

_____ **Day 17:** Become increasingly aware of the many daily cultural/media influences on your lifestyle choices.

_____ **Day 18:** Become a cultural activist for living a wellness lifestyle- if only in your own small circle, if only in small ways.

_____ **Day 19:** Become educated about what a simple, organized, healthy, happy life looks like. Look for ideas and inspiration in all the right places.

_____ **Day 20:** Develop a pleasurable self-care routine for a healthy, happy future.

_____ **Day 21:** Evaluate and celebrate your successes.

Healthy Habits: Baby Steps to Better Living

7

This 21-Day journey will:

1. Help you get clear on the lifestyle habit you want to put in place.
2. Help you overcome inertia and get started reaching your goal.
3. Guide you through small, consistent steps so you can build on your success and achieve your goal more easily.
4. Improve your confidence to take action and succeed.
5. Teach you new lifestyle behavior skills that you can use again and again.
6. Support you if you slip, slide, or fall.
7. Give you the tools to track your success and make it visual.
8. Show you how to set up a reward system for taking action.
9. Show you how to set up wellness environments to make your new lifestyle habit sustainable—even permanent.
10. Help you set up a daily healthy habit routine so you can continue to reach your future wellness lifestyle goals.



How to Get the Best Results

from this program



Sometimes we get excited and sign up for programs, but then we don't follow through. Things get in the way. It happens to all of us. After all, we're all busy and have lots of choices for how to spend our time. Let's not let that happen this time. Let's follow through!

Here are several things you can do to be wildly successful using this workbook as a self-coaching tool:

1. Consider setting a "Healthy Habits" appointment with yourself every day at a specified time. Mark it in your calendar or planner so you remember to take 10 minutes a day to work on your Healthy Habit.
2. Read the daily lesson and do the "take action" assignment—every day. Write your goal affirmation 10 times a day – to really cement your intent and attract everything you need in order to achieve your goal.
3. Use the mini posters as reminders of your wellness goal. Post them on the refrigerator, put them in your planner, or post them by your phone or calendar.
4. Be kind and gentle with yourself both when you're succeeding and when you're not doing all that you think you "should" be doing to put your healthy habit in place.
5. Feel gratitude every day for the healthy habits you already DO have. Before you start this program, it's important that you recognize all that you are currently doing to live a wellness lifestyle. You may think you're not doing much, but you are, and it's important that you give yourself credit.
6. Here are examples of things you may be doing but not giving yourself credit for...just because they're easy to do or because you've been doing them for awhile:
 - Hanging out with supportive people
 - Avoiding negative or high stress people
 - Eating a small fry instead of a large fry
 - Smiling and laughing frequently throughout the day
 - Setting healthy boundaries with your friends and family members

- Eating a piece of fruit every morning
- Flossing your teeth
- Drinking just one cup of coffee instead of three

What are you currently doing that is having a positive effect on your health and well-being:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

7. Create a folder to put this workbook in and anything else associated with this project. If you collect pictures or quotes for inspiration, put them in this folder too. This step will help make this goal feel like a project with YOU as the project manager.
8. Resist the urge to look ahead to the next lesson. Do each day's action step fully and completely before moving on. You'll be glad you did. It's easier to keep reading than it is to stop and do the homework. But will taking the easy way help you achieve your goals? Set aside a few minutes every day to take action!
9. Taking daily action builds life skills. Here are some of the skills you will build during this program ... just by taking daily action:
 - self-care
 - self-leadership -- to commit and follow through
 - positive self-talk, self-love, and self-trust (you're worth it!)
 - self-awareness (one of the skills in emotional intelligence)

Now you can start this program from a place of strength and appreciation for how far along you already are on the wellness path.

Day 1



Decide what wellness habit you will put in place and nurture during the next 21 days.

*The indispensable first step to getting the things you want in life is this:
Decide what you want. --Ben Stein*

You can make an infinite number of lifestyle changes. So how do you decide which change you'd like to work on in this 21-day program? Good question. In order to help you focus your attention and interest on the healthy habit you'd like to work on, I've developed a list of the **12 Dimensions of Wellness**.

Look at the **12 Dimensions of Wellness** list below and choose **one dimension** that you'd like to improve during this program. As you scan the list, does one catch your attention more than the others? For example, are your finances causing a lot of unnecessary stress? Or has your mental and emotional well-being been a concern?

The next step, after you choose which dimension to work on, is to choose one lifestyle habit related to that dimension to focus on achieving during this 21-day period. **That will be your Healthy Habit goal.** Do this step now.

Choose a lifestyle habit that you can realistically achieve in this 21-day program. Don't worry about selecting the *perfect* one. In your lifetime, you will be able to work on many, many habits. Just pick one for now. Any one.

To give you an idea of what's possible and what might feel right for you, I've listed several example goals for three dimensions. **You will not try to accomplish everything listed for the dimension. Just pick one thing.**

Example Wellness Goals for Several Dimensions:

Financial Dimension: You may not reach a goal to become debt-free in 21 days, but you might want to devise a plan and strategy to become debt free. Part of your plan might include one or more of these goals: cook and eat at home to save money, set up a budget and follow it, get a job, ask for a raise, charge more for your services, work a second job until the debt is paid off, stop buying on credit, etc.

Possible Financial Goals:

- Put a debt-free strategy in place and follow it consistently for 21-days.
- Cook and eat your own food (breakfast, lunch, dinner) 5 days a week.

Physical Dimension: Eat 8-10 servings of fruits and veggies a day, walk 3 miles a day, declutter your home office, declutter your entire house (only select this goal if your house is in decent shape clutterwise), clean out your basement/attic/garage, thoroughly clean the your house top to bottom, set up a pleasant evening and morning ritual to follow, get at least 8 hours sleep a night, design a self-nurturing program, walk 30 minutes 5 – 7 days a week, drink 64 ounces of water a day, take vitamins & supplements on a specific schedule every day, spend 15 minutes a day straightening your house, go to bed by at least 10:30pm every night on weeknights and 11:30 on weekends, etc.

Possible Physical Goals:

- Consistently eat 8-10 servings of fruits and veggies at least 5 days a week.
- Walk 30 minutes 5 or more times a week.
- Declutter for 15 minutes a day, every day.

Sensual Dimension: If your life feels blah, you can spice it up by using your senses to their fullest. Get back into your body by making a conscious decision to fully engage your sense of smell, sight, touch, taste, hearing, and knowing.

Possible Sensual Goals:

- Keep a sensual journal for 21 days to heighten your awareness of your senses.
- Eat mindfully chewing each bite 60 times.
- Take a walk in nature every day and note the sights, sounds, smells.
- Meditate for 20 minutes 5-7 days a week.
- Spend 20 minutes a day relaxing and doing exactly what you want to do without interruptions

Take Action

1. Which dimension will you work on improving in this program?

2. What goal will you work on within that dimension? Think of one positive habit you'd like to incorporate into your lifestyle and write it here. Make it specific, measurable, forgiving, do-able. By *forgiving* I mean that it's flexible and realistic—5-7 days a week instead of every day. Write your goal below. This will be your Healthy Habit goal for 21 days:

Still not feeling ready to choose a goal? Choose anyway. Again, you'll have many opportunities in life to improve additional lifestyle habits. In fact, you can take this 21-day program as many times as you'd like.

But for now, CHOOSE ONE lifestyle habit to work on. Once you choose one, you'll be able to direct focused effort toward it and stay committed with the daily tasks. If you're worried about getting overwhelmed, pick a smaller, more do-able goal.

The 12 Dimensions of Wellness

1. **Physical** – practicing good health and self-care habits (e.g., nutrition/diet, physical activity, sleep management) and taking good care of your physical environment (e.g., decluttered, organized car, home, possessions).
2. **Mental/Emotional** – practicing positive self-talk, practicing good stress and mood management skills, feeling balanced and positive.
3. **Social** – spending quality time with close friends, family members, co-workers, and community. Feeling connected to a network.
4. **Environmental** – caring for your personal and planetary environments, spending time in nature, using non-toxic household/lawn care products.
5. **Political** – making your own choices vs. accepting somebody else's spin. Being open minded and respectful of differing views.
6. **Global** – recognizing the connection between your personal life and the broader world you live in, being aware of intercultural and environmental issues, acknowledging and valuing diversity, and contributing to global unity.
7. **Cultural** – increasing your awareness of the positive and negative influences on you from your family, friends, co-workers, and the media.
8. **Intellectual** – having an active mind, using your intellectual skills frequently throughout the day, having a balance between active and passive stimulation.
9. **Occupational** – enjoying job/work, being productive and engaged, receiving adequate compensation, achieving balance between work and home life.
10. **Financial** – having minimal credit card and other debt, having adequate savings and investments, paying bills and taxes on time.
11. **Spiritual** – feeling connected and part of a greater reality.
12. **Sensual** – using your senses (taste, smell, hearing, sight, and touch) to experience life fully--to amplify the pleasure in everyday moments.

Day 2



Phrase your goal so that it excites you and inspires you to act.

Some say, "Make it happen," some watch it happen, and some say, "What happened?" --Anonymous

Congratulations! You've made a decision about what healthy habit you'd like to incorporate into your life. The act of deciding will give you a shot of energy to get you started – it will help break the inertia and activate your energy to take action. It will also activate the Universe to help you. Without a clear, specific goal you might not end up at your desired destination.

There are as many roads to wellness as there are people. No one can choose your goal for you. Your wellness goal will sing to you when you've chosen something that you really want to achieve and that is phrased so that it inspires and excites you . . . and doesn't make you feel guilty in ANY way. Positive phrasing will help you avoid feeling that this goal is something you *should* do.

Proper phrasing of your goal will be the gas in your vehicle of inspiration that will fuel your journey toward your goal.

Phrase your wellness goal using positive, inspiring language as if you've already achieved it. Get your juices and positive energy flowing by writing a few positive statements (affirmations) about what you want. Your goal and phrasing will emerge pretty easily from these affirmations. See what I mean in the examples below. Incorporating emotion will help excite you about achieving it. Feel it.

Example--Environmental, Occupational or Physical Dimension

Affirmations: I have a clean, organized office. I can easily find what I need when I need it. My office is set up for efficiency. I love it!

Goal Affirmation: On _____ (21 days out), my office is clean, organized, and ready for action. I feel very relaxed and productive in this office. *(You can write the end date of this 21-day program for any goal that you can't quite affirm today).*

Example--Financial Dimension

Affirmations: Financial management is important to me. Before purchasing something, I decide whether I want it, love it, and need it. I resist buying on impulse. It feels so good to be responsible financially.

Goal Affirmation: On _____ (21 days out), I have a debt-free plan in place that I enjoy following. Now I sleep better at night.

Example--Sensual or Physical Dimension

Affirmations: I enjoy eating foods that are good for my body and that give me good energy. I savor _____ servings of fruits and veggies most days, if not every day. My body is responding with great pleasure to these good and tasty foods.

Goal Affirmation: I am enjoying eating _____ servings of fruits and veggies at least 5 days a week.

Example--Mental/Emotional or Physical Dimension

Affirmations: I understand the importance of good self-care. I have designed the perfect morning and evening rituals. I enjoy these rituals immensely. They have virtually eliminated stress at the beginning and end of my day.

Goal Affirmation: I am enjoying a fabulous morning and evening routine that brings me immense pleasure and much less stress.

Example--Environment or Physical Dimension

Affirmations: I'm growing increasingly aware of the chemicals in processed foods. Therefore, I'm focusing on eating whole foods simply prepared. I buy organic, free-range, cage-free, clean foods when possible. I'm finding frugal ways to shop for clean foods that can fit into my food budget. Yay, clean and green!

Goal Affirmation: I am enjoying a clean, affordable, whole foods diet simply prepared.

Example--Mental/Emotional

Affirmations: I invite more joy into my life. I am a joy container. Everywhere I look, I see opportunities to be grateful, happy, and blessed. I could focus on the negative, but that's not so much fun! I love looking for joy in all the things I come in contact with throughout the day.

Goal Affirmation: I live in an ever increasing state of joy.

Notice that these goals feel more like affirmations than goals. The positive aspect of a goal stated as an affirmation is that it feels great...once you get the wording right. You don't want to affirm something that you can't believe or that's negative such as "I will never eat chocolate again." Reading that can make you cringe. Or how about this scary goal: "I am determined to lose 80 pounds in the next 6 months, or else." That's a worthy goal, but it doesn't have an implied benefit, a feeling of excitement, or a reasonable ring to it.

Don't choose a pipe dream for your 21-day goal. Rather, embrace the mantra: small steps, small accomplishments, small goals. There's great energy in taking small, consistent steps. Did you know that *small* is the new *big*?

Take Action

Your Affirmation Brainstorm (to inspire your goal phrasing):

Your Goal Affirmation (List the date 21 days out if you wish)

I _____

From this day forward, write this goal statement at the top of each daily message in this workbook to remind you of your goal on a daily basis and to place it in the context of the daily lesson.

Your goal affirmation:

Day 3



Give your wellness lifestyle goal a high priority “project status” to show that you really want this goal and that you’re committed to achieving it.

The main thing is to keep the main thing the main thing.
--Steven Covey

Put wellness at the top of your “to do” list because it’s your ticket to a healthy, happy life. It’s easy to put yourself last – after the job, after the family, after the volunteer activities. Last doesn’t feel very good, though.

Consider your goal a top priority. Give it a project status.

How can you make this goal feel more like a project? You can...

- Give it a title
- Determine all the steps that are necessary to achieve this goal
- Set up a timeline
- Get some people to work on it with you
- Schedule the steps into your planning system

We’ll do all of these things in this program. But today, the focus is just on giving your goal a project title.

You’ll be amazed how much more excited you’ll be about your wellness goal if you think of it as a project and give it a project title. Here are some examples to get you thinking about a title that might inspire you.

Goal Project Titles (Examples)

- Look Great, Feel Great
- Healthy, Wealthy & Wise
- Ship Shape and Ready to Sail
- Company Ready (decluttered and organized)
- I’m a Joy Container

- Clean Green Living
- Debt-free Living is Sexy
- Less is More
- Give to Get
- Heart's Desire

Take Action

Brainstorm some possible titles for your goal below. Don't evaluate them yet, just pour out your ideas and see what pops out. Be playful and creative. Have fun with it. A short, punchy project title will inspire you and help keep your goal uppermost in your mind – like a mantra. A good project title distills not only your goal but also how you will feel about it. I think you'll enjoy dreaming one up.

Write your list of possible project titles here:

Now pick one that you like a little more than the others and write it here. This will be your new lifestyle goal project title:

Create a Visual Reminder

How many goals have you forgotten about and not achieved? I've done it too. Don't let that happen to this one. Make a visual reminder and put it everywhere!

Use a Sharpie felt marker and write your project title on your bathroom mirror or on your backdoor window (it washes off), write it on a sticky note and stick it on the steering wheel of your car, write it on a bookmark and slip it into your bedtime reading, write it in your email signature, paste it on your computer monitor, etc. Keep your project uppermost in your mind.

Don't delay. Put your goal at the top of the "to do" list. Delay is increasingly expensive! Do not wait for a better day! Make today a better day! Take action today!

Now, to cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Your goal affirmation:

Day 4



List the action steps needed to complete your wellness “project.”

A goal without a plan is just a wish. --Antoine de Saint-Exupery

You’ll be more successful in reaching your goal if you know exactly what’s involved. Making a list of the actions you’ll need to take is a simple but important step. Here’s an example to get you started.

Example of action steps needed to achieve a Healthy Snack Goal:

- Clean out the junk food snacks in the pantry.
- Clean out the junk food snacks in kitchen cabinets.
- Clean out the junk food snack in the refrigerator.
- Ask the grocery shopper of the household not to bring home junk food snacks.
- Make a list of healthy snacks you want to make or buy.
- Go to the grocery store and buy the designated healthy snacks.
- Visit online recipe sites for snack ideas--www.allrecipes.com is a good one.
- On Sunday (or another consistent day), plan snacks for the week.
- Package snacks in individual serving sizes (so you won’t be tempted to over eat them).
- Take healthy snacks to work to stock your healthy snack drawer.
- Bring healthy snacks on treat days at work.
- Discuss a family plan for eating healthy snacks. What, why, how, etc.
- Make or buy healthy snacks for your kids to share on treat days.
- Check out Cheryl’s Healthy Snack E-book at the Wellness Store: www.cherylmillerville.com/wellness-store

Don’t get overwhelmed with your list. Consider it like a menu of things you can do when you have a few minutes – like stepping stones to your goal.

Take Action

Now that you've looked at the example, write your list of action steps for your current goal. Make it thorough. In the space below, write the action steps that occur to you off the top of your head. After your list is complete, you can adjust the order if necessary and record them on the **Action Steps to Reach Your Lifestyle Goal** worksheet on page 23. The final worksheet will help guide your daily actions and give you the satisfaction of checking the boxes upon completion. And who doesn't like to make a checkmark once an action is completed, so there's a bit of built-in fun.

Action steps needed to reach your wellness goal (brainstorm):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

Now adjust the order if necessary and write the final list of actions on the **Action Steps** worksheet on page 23.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Action Steps to Reach Your Goal

Bite off more than you can chew, and then chew it. --Ella Williams

Project title: _____

Goal affirmation: _____

Date Scheduled To Do . . .	Completed	Action/Task Schedule the action steps below into your planning system. Place a checkmark next to each item as you've completed it. Post this to remind you.
	<input type="checkbox"/>	1.
	<input type="checkbox"/>	2.
	<input type="checkbox"/>	3.
	<input type="checkbox"/>	4.
	<input type="checkbox"/>	5.
	<input type="checkbox"/>	6.
	<input type="checkbox"/>	7.
	<input type="checkbox"/>	8.
	<input type="checkbox"/>	9.
	<input type="checkbox"/>	10.
	<input type="checkbox"/>	11.
	<input type="checkbox"/>	12.
	<input type="checkbox"/>	13.
	<input type="checkbox"/>	14.
	<input type="checkbox"/>	15.
	<input type="checkbox"/>	16.
	<input type="checkbox"/>	17.
	<input type="checkbox"/>	18.
	<input type="checkbox"/>	19.
	<input type="checkbox"/>	20.
	<input type="checkbox"/>	21.
	<input type="checkbox"/>	22.

Post this worksheet where you'll see it regularly—in your planner, on your refrigerator, etc.

Your goal affirmation:

Day 5



Increase your level of commitment to achieve your goal.

Nobody made a greater mistake than he who did nothing because he could do only a little. --Edmund Burke

How committed are you to achieving this goal? Place a checkmark next to the statement below that most closely represents your level of commitment.

- Totally Committed
 Committed
 Somewhat committed

One thing that boosts commitment is to trust yourself. If you frequently say you'll do something and then don't do it, you lose a bit of faith in yourself. You can't really trust that you'll do what you say you'll do if you have a habit of not following through. The solution of course is to follow through, no matter what. You can start small. Say you'll do something really small, and then do it no matter what. You can build self-trust and confidence slowly using this method.

To begin this confidence-building process, say you'll do something *only* when you're really serious about doing it. And then do it! Don't wiggle out of doing it. Consider it a high priority to do what you say you'll do. Gaining back trust in yourself is very important in changing lifestyle behaviors. You've got to trust yourself or you simply won't hold yourself accountable. In other words, you will continue to set goals and not achieve them. Yuck.

Take Action

1. **Think of one small action step you will take toward achieving your stated goal.** Select something simple and then absolutely, positively, no questions asked, no wiggling out, DO IT! Doing this will increase your commitment to reaching your goal. Write the action you commit to doing here:

2. **What is your biggest reason for wanting to achieve this goal?** (to be a good role model, to make life easier, to reduce pain, to manage a chronic condition, to have more fun, to live longer, to have more energy, etc. What is your main motivator, desire, reason for wanting to achieve this goal? Getting clear on this motivator will help to increase your commitment. Write it here:

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1.

2.

3.

4.

5.

- 6. _____

- 7. _____

- 8. _____

- 9. _____

- 10. _____



Your goal affirmation:

Day 6



Stay inspired with three tried-and-true strategies.

The chief cause of failure and unhappiness is trading what we want most for what we want at the moment. --Anonymous

Three Strategies:

1. **Follow the 80/20 rule.** Don't worry about being perfect. Shoot for 80% success. If you slip, trip, or fall, don't worry about it. Tomorrow is a new day. In fact, you have multiple times to start over each day. Make the process fun and guilt-free and you'll be more likely to succeed with ease.
2. **Follow the middle path.** We can learn from the children's fairy tale about Goldie Locks and the Three Bears. Goldie Locks didn't want a bed that was too hard or too soft. She didn't want porridge that was too hot or too cold. She went for *just right*. Avoid the extreme paths of all-or-nothing. Go for the *just right* road—the middle path. When you're tempted to be perfect or make things perfect, you can either burn yourself out by being too demanding, or you can get overwhelmed and totally give up. Neither path feels good. Take the middle path of moderation, small steps, frequent rest stops, and loving kindness toward yourself and others.
3. **Reward yourself with simple pleasures along the way.** At the end of each week in the program, give yourself a small reward for your commitment to achieve this goal. The rewards are for sticking with the program, not necessarily for achieving your goal 100%.

Rewards can be tangible objects: music CD, video/DVD, bouquet of flowers, new pair of socks, etc.

Or they can be activities: foot rub, sauna, pedicure, an afternoon at the lake, a morning spent reading a book, 30 minutes of uninterrupted time to yourself every evening for a week, etc.

Take Action

How will you reward yourself once a week throughout this program:

Day 7 _____

Day 14 _____

Day 21 _____

Small rewards can help you stay on track. They also honor and mark your journey.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 7



Set up a support system because . . . together we're better.

We cannot live only for ourselves. A thousand fibers connect us with our fellow men [and women]. --Herman Melville

When you're working toward a goal, doesn't it feel great to get support? Do you feel comfortable asking for it? Many don't. But guess what? People love to help. Think about how great you've felt when you've helped somebody? Give that gift to somebody else and ask them to support you in reaching your goal. Maybe they'll even want to select a goal and go through the program with you. Having a goal buddy might be perfect! This support may come in the form of a phone call, an email, a card, or a lunch date.

Take Action

Who would you like to receive support from? Who would you like to cheer you on? Decide who will be on your support team and invite them to support you. Write your answers in the spaces provided on the following page.

Tell your support people specifically **how you want them to support you**. Do you want them to praise you, ask you how your goal is coming, reward you with something little and fun, talk with you when times get tough, give you ideas for how to accomplish your goal, or go for walks with you?

Are there any things you don't **want them to do** like give advice, nag you, or roll their eyes? Sometimes people feel they're being helpful if they tease you. If you would enjoy that, let them know. If you'd hate it, let them know.

Support Team

Who will you ask to support you?	What will you ask them to do for you and how do you want them to do it? Any no-nos?

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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- 9. _____

- 10. _____



Today, Day 7, is reward day. What reward you are giving yourself today for sticking with this program?

Your goal affirmation:



Day 8

Create and perfect wellness systems and environments to help you achieve your wellness lifestyle goal.

If you don't design your personal environments, they will be designed for you.
 --Thomas Leonard, www.thomasleonard.com

Many people don't feel well-supported in life. They feel that life is often difficult and unsatisfying and that healthy lifestyle changes are almost impossible to make. They don't realize how much their lives are shaped by the environments they live and work in.

If you struggle and feel unsupported, it's probably because you don't yet have enough personal environments in place. Becoming aware of the power of the environment is a critical wellness skill.

On Day 1, you selected one of the 12 Dimensions of Wellness to work on improving. **Today's question is: How can you create more supportive environments within the 12 Dimensions of Wellness so that you can more easily reach your current wellness goal?**

Here are a few examples of personal environments: people you hang out with, food you stock in your home, books and articles you read, time you spend in nature, your work space, your sleeping space, your clothes closet, your thoughts, etc. Look at the **12 Dimensions of Wellness** (page 13) for additional ideas.

Choose one wellness environment that relates to your current wellness goal and begin the environmental design process. It could be the sleep environment (bedroom), your food environment (kitchen), your brain food (what you read, who you talk to, things you think about), fitness environment (fitness gym, home equipment, buddy to walk with, fitness class), etc.

Here are two examples of environments you might create if you were focusing on improving your physical environment.

Healthy Snack Environment: If your current goal is to eat healthy snacks, you can dramatically improve your chances of success if you design a healthier kitchen environment. This might include keeping the counters clean and cleared off so they are ready for food prep. You might make a regular snack menu for the week and stock your fridge and pantry with whole foods that you'll enjoy snacking on. It may be fun and inspirational to go to a health food store in search of healthy snacks to have on hand instead of going to the vending machine for unhealthy snacks. Also, a vase of flowers on the kitchen table would make it feel like a sunny, nice place to be.

Water Drinking Environment: If your goal is to replace soda pop with water, you might design a water drinking environment. This could simply be a beautiful glass and a pitcher the size of the amount of water you want to drink every day. Pair drinking water with other things you do at regular intervals throughout the day – have a glass of water before going to work, mid morning, before lunch, mid afternoon, when you get home from work, etc. Instead of using a glass, you might prefer to fill water bottles that you line up on your desk as a way of making your watering system more portable if you decide you want to grab one and go.

Take Action

Are your personal environments supportive of you and your current lifestyle goal or do they thwart you? What wellness environment do you want to work on to help you more easily achieve your wellness goal?

Take some simple steps to put a wellness environment or system in place. It may be as simple as designing a simple system to encourage more positive self-talk or taking a break from the computer every few hours to stretch, or eating healthy snacks, or taking several deep breaths once an hour.

Think of one thing you can do to make your new environment be a personal support "system" for you. Follow the examples of the two environments described above. What environmental elements will you put in place to help you achieve your wellness goal and keep it going strong with the least amount of effort?

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 9



Simplify and manage your life to make room for wellness.

The trouble with the rat race is that even if you win, you're still a rat. --Lily Tomlin

If you live a busy, complex life, it will be very difficult to add a wellness lifestyle on top of that. Trying to squeeze it in between activities may be difficult too. Either you make time for wellness or you don't. I recommend that you do.

When life is complex and booked solid, it can become stressful and less clear, sometimes even chaotic. A simpler life allows for more open spaces and clarity for making changes and choices. Simpler lives are less stressful and enjoyable.

A simpler life requires saying "no" quite often. But we love to say "yes!" Saying "yes" is fun . . . until it comes time to perform or pay up (attend the meeting, volunteer your time, write the report, bake the brownies, go to a movie when you'd rather read a book, etc.). Learning to say "no" will be a valuable wellness skill for you if you love to say "yes" and need to find a balance.

When life is simpler and slower, you have time for wellness (walking, cooking, smelling the roses, hanging out with friends, managing stress, balancing your checkbook, thinking about what you want out of life, etc.).

Take Action

Use the space provided on the Simplify Life worksheet on page 38 to brainstorm several things you could do to simplify your life. Create a little menu to select from. The list may include things like: reduce the number of volunteer jobs you agree to, enroll your children in fewer extra curricular activities, set up a morning and evening ritual, set up systems to streamline common tasks, set up a family chores system, etc.).

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Simplifying Life Menu

say no * streamline * set up systems

What can I simplify?	How can I simplify it?
Volunteering	Call Sharon and say you've thought about the opportunity and need to decline.
Cluttered House	Go room by room simplifying the decoration, amount of stuff in the room, ask a friend how she did hers, read a book about decluttering, make an action plan, etc.
Bill paying	Put everything you'll need in a folder or envelope (stamps, envelopes, calculator, etc.) Set up an auto pay system. Pay bills a certain day each month. Hire someone to do this for you.
Select one or two of these to put in place. Do them now or schedule them at a convenient time this week. If your life is really busy, select something to stop doing. That way you'll open up some free time and space.	

Your goal affirmation:

Day 10



Become aware of triggers to slip back into an old habit.

If the going is real easy, beware, you may be headed down hill. --Anonymous

Old habits are so habitual that we can slip back into them easily and naturally if we aren't on the lookout for triggers. Your *old-habit triggers* might be people, places, thoughts, or things. Here are some examples:

- Someone you always used to smoke with (take a different break time or skip your usual break)
- Someone who brings high fat snacks to work (bring your own tasty, healthy snacks so you have something good to eat)
- Negative people (be polite and say "hello" and then scoot off in another direction, keep the conversation short, turn the conversation to something positive or change the subject all together)
- Friends who want to eat out constantly – especially at buffets (ask them to support you in your healthy eating goals, select a healthier restaurant and ask them to join you, invite them to take a cooking class with you)
- Your own negative self-talk can trigger relapses (just get back up and get back on your positive path)
- Not getting enough sleep weakens your new habit and paves the way for the old habit to re-emerge (take really good care of yourself, avoid getting hungry, angry, lonely, and tired--HALT)
- A certain time of day can trigger a desire to eat, drink, watch TV, etc. (be prepared with healthy snacks, alternative activities, take a deep breath until the desire passes)

Take Action

Think about the new habit you are putting into place. Think ahead and imagine what triggers might throw you off your positive path.

Trigger to your old habit _____

What you can do to avoid or deactivate the trigger _____

Trigger to your old habit _____

What you can do to avoid or deactivate the trigger _____

Trigger to your old habit _____

What you can do to avoid or deactivate the trigger _____

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 11



Tune in regularly to your thoughts, feelings, and body wisdom.

Attitude determines altitude. --Anonymous

As you make lifestyle changes, it's really rewarding to tune inward to register the impact of the changes you're making.

- Are you squeezing all the joy you can out of your new experiences?
- Are you noticing how your body feels when you practice your healthy habit?
- Are you acknowledging your big and small successes?
- Are you wallowing in the beneficial results of your new lifestyle habits?
- Or are you thinking negative thoughts that might erode your confidence in achieving your goal?

It's really important to nip any negative thoughts in the bud. Don't let them bloom. Just say, *Nope, I'm on a journey and I don't have time for this negative pit stop. I might get lost or sidetracked at times, but I'm on this journey and I'm headed toward my fabulous goal.*

Even if you slip and slide and even fall down, don't cave in to negative thoughts. Just get up and acknowledge that you've had the courage to start this journey. The fact that you've made a decision to improve your life is worth a pat on the back. Yay you!

Now, this very instant, think of something positive about what you've been doing these past several days – pick anything at all. Focus on that. Expand that successful feeling within your body, mind, and spirit. Let it grow. What we focus on grows and expands.

When we're on the pity potty, we attract negative feelings—and they grow. If we're on the challenge-and-opportunity path, we attract success and support. What we dwell on in our thoughts, materializes in our day-to-day existence. So dwell on positive, pleasant things.

Take Action

To practice the skill of being positive (and it is a skill), think of one positive thing you can dwell on for the next few minutes. It might be that it's sunny or that there's a steady cool breeze, or that somebody bought you lunch, or that you got to work on time, or that your dog came to greet you when you came home, or that the snow is crunchy. There are endless things to be happy about. If we don't watch out, we miss them. Use the worksheet on page 45 to record your thoughts.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 12



Enjoy the power that comes with taking 100% responsibility for your life and for the care and feeding of your body, mind, and spirit.

*There are two obstacles to vibrant health and longevity:
ignorance and complacency. --World Health Organization*

Taking responsibility for your life is critical to the successful achievement of your wellness goal. Without it, sustainable wellness is next to impossible. When you take 100% responsibility for how you feel and what you do, you have personal power. In this powerful state you look for options and workable solutions. You don't waste precious time and energy blaming others for your life and holding them accountable. Blaming others can disempower you and keep you stuck thinking about your problems and bad things that have happened in your life.

As the old saying goes, if life hands you lemons, you can accept responsibility for making lemonade. Or, if you prefer, you can squirt lemon juice on the salmon you're grilling for supper.

Take action

1. In general, do you tend to take 100% responsibility for your life or do you tend to blame others and look outside yourself for answers and solutions?

_____ usually/often take responsibility

_____ usually/often blame others

_____ don't know (a counselor or coach can help you get more clear)

2. If you decide to take 100% responsibility for your life, what will you need to stop doing? Start doing? Or learn more about?

3. For you, will taking 100% responsibility for your life be hard or easy?

____ hard ____ easy ____ don't know

If it's hard, what's hard about it _____

If you "don't know," try it and watch what happens. Then you'll know.

4. What do you expect the payoffs will be for taking responsibility?

5. How can you apply this idea of taking responsibility to achieving your current wellness goal? Are you taking 100% responsibility for achieving it? Or are you blaming others for getting in your way of achieving it? If you are, how can you take back your responsibility?

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 13



Notice and replace self-talk that keeps you from living a healthy, happy life.

In my life I've experienced some really horrible things ... a few of which have actually happened. --Mark Twain

Our self-talk can make or break our success in reaching our wellness goals. We can make ourselves feel great! Or we can make ourselves feel terrible! It's all in the way we talk to ourselves.

We often have no idea that we're sending ourselves negative, disempowering messages through our subconscious thoughts. Too often it's our negative self-talk that makes us give up on a goal and sink back into the comfort of an old, unhealthy habit. Let's not let that happen this time. Let's get really good at noticing and replacing negative self-talk with positive self-talk.

Today's task is to become aware of your self-talk. Becoming aware is definitely the first step. The second step is to catch yourself making negative statements and replace them with empowering, positive self-talk. In fact, flood your mind with positive self-talk. Here are several examples.

Do you use any of the following negative self-talk messages?

Place a check mark next to any that you know you engage in frequently. Have you noticed that when you view the world through this negative language, you feel a lot worse--more stressed?

- **Exaggeration** – *Nothing is going right! I hate that! Everything always happens to me! I never win! I always get blamed! This is the worst day of my life!*

Is it really true that you never win? Is it true that you always get blamed? Is this really the worst day of your life?

- **Dichotomies** – *I'm right; you're wrong. This is the right way to do this project; that is the wrong way to do this project. This is the right action; that is the wrong action. This is perfect; it's garbage.*

There are more than two ways to look at a situation - all or nothing, right or wrong, my way or the highway. In fact, between the extremes, there are infinite ways to look at a situation.

- **No-choice Choices** – *I don't have any choice. I've got to lose this weight (or quit smoking). I've got to stay in this job until retirement. I'm too old to get another job now.*

It may not feel like it, but we always have choices. We may not like them or they may not be easy, but there are always choices.

- **Scarcity Thinking** – *There aren't enough good jobs out there. All the good men are taken. There are only a few things on my healthy diet that I can eat.*

Scarcity thinking is just a habit of thinking small – usually based on fear or parental messages. The universe is abundant. There are endless options and opportunities. We just need to attract them with our positive thoughts and by taking action.

- **"If only" Thinking** – *If only I had a job that I loved, I would be happy. If only I could buy that new bedroom suite, I'd be happy. If only I could lose 20 pounds, I'd be happy. I won't be happy until I get that raise! I'll be so happy when I get out of debt!*

The problem with "if only" thinking is that there's another "if only" right behind it. "If only" thinking keeps us longing for the future and not enjoying the present. There's a scarcity feel to it too. Let's be happy now. Right now – even if things stay exactly as they are.

- **Reactive vs. Proactive Thinking** – *When I saw her smoking, I just had to have one too. Every time I start a diet there's a birthday party with cake and ice cream. I was starving and the only option was the vending machine.*

Rather than react (no plan in sight), think ahead to things that might happen in your day. You know you'll run in to people who smoke. What's your planned strategy to help you stick to your smoke-free plan? You know there will always be temptations when it comes to food. Plan ahead and follow your plan. Be in charge rather than wait for things to knock you off your path. Don't just react; plan ahead.

- **Victim Language** – *Bad things always happen to me. Everything always goes wrong in my life. Why me? I never get the promotion. I always get left out. Nobody helps me!*

We all have a bit of victim in us--some of us have a lot. When you feel yourself slipping in to a poor-me attitude, think of something fun or interesting and snap out of it. Nobody enjoys a victim – even the victim gets tired of it.

- **Perfectionism** – *I want this party to be just perfect. It better not rain. I've created the perfect diet. I hope I don't blow it.*

Have you noticed that perfectionism takes the fun out of almost everything? And perfectionists often have clenched fingers or pursed lips as if they've just eaten a lemon. Not very attractive. Let's go for great – not perfect. Great allows for imperfections, spontaneity, and maybe even something better – like fabulous.

Take Action

This week, pay attention to your self-talk throughout the day. It takes vigilance to change a negative self-talk habit. Scan this list every day for a few days to remind yourself to use positive self-talk.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 14



Rename and reframe negative events to reduce your daily stress.

Problems are only opportunities in work clothes. --Henry J. Kaiser

Here's another simple but powerful stress management technique. It's called renaming and reframing. You'll find this lesson will come in handy any time you feel negative or discouraged about progress with your new lifestyle goal.

When you feel that you're failing or that it's difficult to stay on track, you may find yourself unconsciously slipping into negative thinking which leads to more negative thinking which leads to stress and possibly giving up on your goal.

Negative thinking is a slippery slope. Don't go there! As soon as you realize that you're feeling negative, stop yourself. I know it's not always easy. This little exercise will help you.

Use Different Words When Describing a Negative or Stressful Experience

Rename and Reframe to Reduce Stress

problem . . . opportunity
 deadline . . . finish line
 supreme hassle . . . challenge

Reframing and Renaming Exercises

In yesterday's lesson, you learned about negative inner messages and how they disempower you and cause stress. Today message about naming and reframing negative thoughts and statements is an extension of that lesson.

Have you noticed that your stress increases when you use negative language? Negativity leads to stress. And have you noticed that when you use positive language you feel successful? Accomplishing your lifestyle goal will be much easier when you keep your thoughts and language positive. Yes, I know, this isn't always easy. But it's a skill that we all can learn.

Take Action

Think about how often you use negative words to describe things, and if often, decide to take a new creative, positive approach. Although the events listed below are considered negative, you can look for positive elements in each of them. Write as many positive outcomes as you can think of for each event:

Waiting in line

Examples of positive outcomes: time to take a deep breath, look around and just observe, talk with someone else in line, do nothing!

Being fired or laid off from work

Possible positive outcomes:

Getting a divorce

Possible positive outcomes:

Getting a bad grade/performance appraisal

Possible positive outcomes:

Burning dinner

Possible positive outcomes:

Having a flat tire on the highway

Possible positive outcomes:

Having a child in trouble at school

Possible positive outcomes:

Having tight finances

Possible positive outcomes:

Now try the exercise – Reframing Negative Thoughts. Practice putting a positive spin on things you might normally see as negative.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Reframing Negative Thoughts

About Your Current Goal

Think about any negative thoughts you've had about reaching your new goal. Write them in the left column. Now, find the positive element of each statement (reframe) and write the new positive, reframed statement in the right column.

Negative Thoughts/Worries	Reframed, Positive Thoughts
This is hard.	I'm getting better at it every day.
It takes too much time.	I'm worth it! It will take less time as it becomes more habitual.

Today, Day 14, is reward day. What reward you are giving yourself today for sticking with this program?



Your goal affirmation:

Day 15



Increase your success by recognizing the start-stop elements of habits.

It is easier to suppress the first desire than to satisfy all that follow.
--Anonymous

Habits are tricky. They're so habitual that we don't stop to think of what reinforces them and keeps them in place. Becoming aware of what makes up your negative and positive habits will help you see what you can do to strengthen a positive habit and weaken a negative one.

Every habit has two parts – you stop doing something, and you start doing something or doing more of something.

For example, if you're working on reducing debt ...

- you stop spending so much money and you start saving,
- you stop buying spontaneously and you start buying only things you need and love,
- you stop losing bills and piling them in a heap, and you start using a bill paying system that keeps you organized,
- you stop living in the dark about how much money you have and you start balancing your checkbook and knowing how much money you have at all times, etc.

Take Action

In order to strengthen your new habit so you can reach your goal, what will you need to stop doing? What will you need to start doing . . . or do more of? I've given three examples in the worksheet on the following page to get you started.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 16



Focus on pleasure and enjoyment to make your new lifestyle habit sustainable and satisfying.

People rarely succeed unless they have fun in what they are doing.
--Dale Carnegie

You've been at this for a little over two weeks. The newness might be starting to wear off, and you might be hungering for your old ways. That's pretty normal. But don't cave. Stick with your new wellness lifestyle habit. You really want it, and you shall have it!

Sometimes goals are hard to reach. I spent the weekend filing, setting up office systems, balancing my checkbook, and several other (for me) un-fun things. But they needed to be done, and I was starting to see how delaying was causing me problems. I worked for hours and hours. I could feel the pain and my inner child saying – *Oh this is too hard. I don't want to do it any more.* But I persisted because it was a goal I really wanted to achieve, and I could see the benefits of achieving it. And I was right. As soon as I finished, my energy lifted and I felt a sort of glee. You will too.

You might feel some dread about the work you need to do to accomplish your goal. For example, you may be longing for your old habits if you've decided to steer clear of fast food for 21 days, or if you're cooking and eating at home instead of eating out, or if you're eating only healthy snacks or eliminating soda pop, or if you're saving money instead of spending it. Longing for old habits is to be expected. They're habits because they've been reinforced for a long time. Now it's time to un-reinforce them.

I reached my goal this weekend by sticking with my decision to take action, and you can reach your goal too. Focus on the pleasurable components of your new lifestyle habit. Feel proud of yourself for making this change. Feel virtuous if it makes you feel better. Keep your focus on why you're making this change.

What is the pleasure you'll experience as a result of working on and through this goal? Will you have more energy, a cleaner apartment, a car that's so clean that you can't wait to give somebody a ride, less debt so you can sleep better at night, etc.

Keep looking for pleasure throughout this 21-day process. It will make your project a whole lot more fun. In fact, it's always a good habit to get in to—to look for the pleasure in every moment. Sometimes it feels hidden deep, really deep.

Take Action

1. Rate the level of pleasure you've been experiencing with your wellness goal so far (high, medium, low, nonexistent) Circle your answer.

2. Make a list of 5 things you can do to increase the pleasure and enjoyment you're experiencing as you work toward this goal:

1. _____
2. _____
3. _____
4. _____
5. _____

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

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- 10. _____

Your goal affirmation:

Day 17



Become increasingly aware of the many cultural/media influences on your daily lifestyle choices.

To go against the dominant thinking of your friends, of most of the people you see every day, is perhaps the most difficult act of heroism you can perform. --Theodore H. White

In our modern cultures across the globe, it's hard to escape being plugged-in, speed-oriented, consumer societies. If we're plugged in, we get a lot of our ideas about how to live from watching television and other electronic media, and going with the crowd. Viewing thousands of advertising messages every day can encourage us to eat fast food, eat too much, eat processed food, sit for hours at the computer, spend a lot of money on nonessential things, seek popularity, get rich by playing the lottery, and use our Earth's natural resources as if they were infinite. Awareness is the key to following a healthier, more independent path.

If you have even a bit of a rebellious spirit within you, it will serve you well here. Look for opportunities to step away from the crowd. Be a little counter cultural. If everybody is eating junk food and drinking soda pop, bring your lunch and make an exotic seltzer fruit "cocktail." You may just START a healthy trend rather than follow an unhealthy one.

In addition to media influences, we are all influenced by the people around us: our family, our co-workers, our friends, and others we come into contact with. Are we letting other people set the trends for what we eat, do, have, and become, or are we the trendsetters in our lives? We're often influenced unconsciously. We wear our pants low down on our hips (or lower) thinking that we're cool and setting a trend. Are we buying the new razor cell phone to be cool and set a trend? Or are we following the beat of somebody else's drum?

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

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Your goal affirmation:

Day 18



Become a cultural activist for living a wellness lifestyle—if only in your own small circle, if only in small ways.

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

--Buckminster Fuller

By living a wellness lifestyle, even in small ways, you're making a statement about what you value--you're a supporter, an advocate for healthy living. With all of the competing messages encouraging us to live a worseness lifestyle, we need people to show the way to wellness. Wellness is not the norm (yet). Unfortunately, we have a long way to go before it's the norm.

You can be a wellness trend setter and a way-shower for others. As your friends and colleagues watch you succeeding with your wellness goals, you'll inspire them to make some changes too. There's nothing like being a good role model. It feels great to lead the way with positive actions.

As you take small, consistent steps toward wellness, you'll be charting the course and navigating the wellness waters. You'll be leading the way; and as you lead the way, your commitment to live a wellness lifestyle will strengthen. With each passing month, you'll see that your new habits are easier to sustain and more enjoyable than you had even hoped.

Start thinking of yourself as a wellness activist or advocate—not a pushy, condescending wellness cop, but a positive, supportive teacher and way-shower.

Take Action

Think of someone who has been a positive role model in your life. How did they step away from the crowd? How did they stand up for their values and for their individuality? How did it serve them well and how did they serve others? Were there any challenges? How did their example have a positive impact on you?

Now back to you. Think about your wellness goal. How can you become a role model, activist, or advocate for wellness as you walk your path to successfully reach your positive lifestyle habits? How would you like to influence others? Who would you like to influence?

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1.

2.

- 3. _____

- 4. _____

- 5. _____

- 6. _____

- 7. _____

- 8. _____

- 9. _____

- 10. _____

Your goal affirmation:

Day 19



Become educated about what a simple, organized, healthy, happy life looks like. Look for ideas and inspiration in all the right places.

Every day you make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, every-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.

--Sir Winston Churchill

By now you've gotten a nice taste of success. You've spent time putting a healthy lifestyle goal in place. Want some more success? Instead of turning on the TV or sitting down at your home computer, pick up a wellness magazine or book and get inspired! Continue the wellness journey. Sometimes we get just the ideas and inspiration we need to accomplish our wellness goals when we go searching for it.

Do you like to read or listen to educational programs? Maybe you prefer to attend live seminars and workshops. As we near the end of this program, the time is ripe for getting more ideas about how to live a healthy, happy life.

Take Action

Is there a self-help book you've been intending to read? Ask your friends to recommend a good one in your area of interest. Browse the self-help section of your library or bookstore.

Go online to Amazon.com or Half.com (or your favorite local bookseller) and see what looks interesting.

The library is a great resource – plus it's free and you'll have a timeline because you have to return it by a certain date. And it won't add to any book clutter you might have.

You can get ideas and inspiration from a number of places:

1. Scan the magazine section in a bookstore or grocery store and see if anything pops out as interesting. Avoid the health and beauty magazines that make you feel imperfect. Also avoid the ones that push drugs as health solutions. You can tell a magazine's focus by studying their ads. If most ads are for beauty products, clothes, and drugs, skip that magazine! Ask your friends what their favorites are. In fact, borrow some and see if you like them.
2. Call your local community center and request a listing of their classes.
3. Contact other groups that offer classes locally – your whole foods grocery store, a community college, your local hospital, etc.

What action are you going to take to get more information or inspiration to continue to live a wellness lifestyle after this program ends?

1. _____
2. _____
3. _____

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

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Your goal affirmation:

Day 20



Capitalize on your momentum. Develop a pleasurable self-care routine for a healthy, happy future.

You, the individual, can do more for your health and well-being than any doctor, any hospital, any drug, and any exotic medical device.
--Joseph Califano

It's the day-to-day activities and choices that make up a healthy or unhealthy lifestyle. When your daily choices are health enhancing, you build up a reserve for when life gets stressful. When you practice daily self-care like deep breathing, relaxing, tuning in, eating nourishing foods, or being physically active, you invest just minutes a day in building your wellness reserves.

If you're running on empty because you haven't taken care of yourself for a long, long time, you may get sick, stressed, depressed, overwhelmed, etc. It's good to put a little in the "wellness bank" every day so the reserves are there when you need them.

Have you noticed that once you start seeing the benefits of practicing a positive habit, you get inspired to practice more positive habits? There's a "cross benefit." When you work to improve one habit, others naturally improve.

For example, when you begin a regular fitness program and start to look and feel better, you may be inspired to quit smoking or eat a better diet. The more healthy habits you have, the more likely you'll add more healthy habits. There's a synergy that occurs as you gain more control over your health habits. You start viewing them as your self-care routine or ritual and feel "funny" if you don't practice them.

Take Action

You've been doing this program for 20 days, so by now your current wellness goal is becoming more habitual. Now is a great time, to keep the momentum going by putting one more thing in place – a daily self-care routine – a simple one.

Make a list of your **Top 10 Daily Self-Care Habits**. **Be sure that at least half of them are things that you're already doing so you won't feel overwhelmed.** Items might include flossing your teeth, pausing during the day to express gratitude, putting on lotion, getting a good night's sleep, playing your flute every day, having compassion for yourself, taking your vitamins or supplements, etc.

Here's an example of a self-care routine:

My Top 10 Daily Self-Care Habits

1. Floss my teeth once a day.
2. Eat at least 3 servings of fruits and vegetables a day (work up to 9 or more).
3. Spend at least 30 minutes outdoors enjoying nature.
4. Take a 15 minute walk at break time in the morning and another in the afternoon.
5. Pause throughout the day to acknowledge how grateful I am for my life.
6. Meditate for 15 minutes every day in the van pool on the way to work.
7. Read 15 minutes of inspirational literature before bed time at 10:30 p.m.
8. Drink 8 glasses of water a day.
9. Tune in to my body throughout the day to listen for any guidance.
10. Be nice and kind to myself and others – no matter what.

Now it's your turn to create your own daily self-care routine that will be enjoyable, do-able, and capitalize on the actions you've already taken to live a wellness lifestyle.

Decide what you're willing to do every day that will help you live a healthier, happier life. Keep it simple. Use the mini poster on page 76 to record your choices. You may need to revise your plan occasionally until you get it "right."

Until your self-care routine becomes routine, post it on your refrigerator or in your bathroom so you'll remember to do it every day. It's easy to forget to practice a new habit or routine.

If you prefer, you can post the **Track Your Self-Care Habits** sheet so you can check off the item every day that you do it.

To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

2. _____

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10. _____

My Top 10 Daily Self-Care Habits

fun * easy * enjoyable * do-able

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Note: Be sure that at least half of the items listed are things that you're already doing so you won't feel overwhelmed.

Post this in a prominent place where you'll see it and be reminded of your healthy habit goals.

Track Your Self-care Habits

Instructions:

First, decide what self-care habits you want to track—be specific. Examples are listed in the **Healthy Habits: Baby Steps to Better Living** workbook. Make sure at least half of the habits you list below are things you're already doing so you don't feel overwhelmed. You want this tracking system to inspire you and pull you forward, not bring you down. Place a check mark for each day that you practice the self-care habit listed. Print several copies, one for each month.

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
10 Self-Care Habits																															
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Your goal affirmation:

Day 21



Evaluate and celebrate your successes – big and small

Better to do something imperfectly than to do nothing flawlessly.
--Robert Schuller

It's the final day of the 21-Day Healthy Habits journey. You've had your share of success. I hope you've enjoyed working through these daily exercises. Even if you did nothing more than read them and think about them, you're much further down the road to wellness than you think. Sometimes people are more ready to "get ready" to make changes than to actually make the changes. Going through this program has definitely helped you get ready to make some changes.

And if you've taken action on your goal, you've definitely built up some momentum and experienced some successes.

How did you do in working your way through this program?

Flip through the pages of this 21-Day program to refresh your memory about all the actions you have taken to achieve your goal.

What percentage of the daily exercises in this program did you complete:

- Most
 About 50%
 About 25%
 Less 25%

Sometimes we don't succeed 100%. In fact, we often don't hit the 100% mark. So don't fret. Place a checkmark next to the statement that best describes your success with this program:

- _____ Whoowhoo! I met and exceeded my goal.
- _____ Lovin' it. Yes, I definitely achieved my goal.
- _____ Yay me, I did better than I usually do reaching goals.
- _____ I didn't achieve my goal, but I learned some things and have a better understanding of what a wellness lifestyle is and how to have one.
- _____ I didn't follow through...so I'll be taking this program again when I can wrap my mind around it better.
- _____ Other (please describe)

What actions did you take that helped you the most to reach your goal?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

If you did not achieve your goal, take a minute to think about how you can succeed next time. What actions will you take and what changes will you make to improve your success with achieving this goal in the next 21 days?

- _____
- _____
- _____
- _____

Today, Day 21, is reward day. What reward are you giving yourself today for sticking with this program?



To cement your intent and attract everything you need in order to achieve your goal, write your goal affirmation 10 times today (and every day for 21 days).

1. _____

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Inspirational Quotes

Fun things to do with these quotes: post them around your house, use them as bookmarks, write them on your mirror or window with a Sharpie, put them in your email signature, scan the list every morning, and post them on your fridge.

The indispensable first step to getting the things you want in life is this: Decide what you want. --Ben Stein

Some say, "Make it happen," some watch it happen, and some say, "What happened?" --Anonymous

The main thing is to keep the main thing the main thing. --Steven Covey

Bite off more than you can chew, and then chew it. --Ella Williams

A goal without a plan is just a wish. --Antoine de Saint-Exupery

A dream becomes a goal when action is taken toward its achievement. --Bo Bennett

Nobody made a greater mistake than he who did nothing because he could do only a little. --Edmund Burke

The chief cause of failure and unhappiness is trading what we want most for what we want at the moment. --Anonymous



We cannot live only for ourselves. A thousand fibers connect us with our fellow men [and women].
--Herman Melville

If you don't design your personal environments, they will be designed for you.
--Thomas Leonard, www.thomasleonard.com

The trouble with the rat race is that even if you win, you're still a rat. --Lily Tomlin

If the going is real easy, beware, you may be headed down hill. --Anonymous

Attitude determines altitude. --Anonymous

There are two obstacles to vibrant health and longevity: ignorance and complacency.
--World Health Organization

In my life I've experienced some really horrible things ... a few of which have actually happened. --Mark Twain

Problems are only opportunities in work clothes.
--Henry J. Kaiser

It is easier to suppress the first desire than to satisfy all that follow. --Anonymous



People rarely succeed unless they have fun in what they are doing. --Dale Carnegie

*To go against the dominant thinking of your friends, of most of the people you see every day, is perhaps the most difficult act of heroism you can perform.
--Theodore H. White*

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete. --Buckminster Fuller

*Every day you make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, every-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.
--Sir Winston Churchill*

You, the individual, can do more for your health and well-being than any doctor, any hospital, any drug, and any exotic medical device. --Joseph Califano

Better to do something imperfectly than to do nothing flawlessly. --Robert Schuller



Next Steps

You've come to the end of the 21-Day Healthy Habit program.

I hope you enjoyed it and that you succeeded in reaching your goal. You can use it again, any time, to help keep you on track with your next 21-day goal.

If you want to work faster and have more support next time ...

Visit the Wellness Store for a growing number of e-books, workbooks, and audio programs designed to help you live a healthy, happy life. www.cherylmillerville.com/wellness-store

Sign up for Individual Coaching sessions with me if you want even more support and personal attention. I accept a small number of personal clients. To find out more about what coaching is and how I might work with you, visit my coaching pages. www.cherylmillerville.com/coaching-services

Spread the Word

If you know others who might enjoy this program, send them to the following links . . .

to purchase this workbook:

<http://cherylmillerville.com/wellness-store>

to get fabulous FREE things like the Wellness Pack and the Serious Self-Care Insta-Kit:

www.cherylmillerville.com

About The Author

Cheryl Miller



I have come to know that health and wellness goals are best achieved by choosing pleasure, integration, and steady progress. My views have been dramatically shaped by my personal journey to a healthy lifestyle. For that reason, I have a kinder, gentler approach to wellness leaving behind judgment about how to achieve good health. Everyone's path to wellness is different.

A Junky Life

Many years ago I smoked, ate junk food, hated to exercise, felt sad, and crammed my closets and drawers full of too much stuff. Throughout this period I was also a self-help junkie looking for the key to happiness. I read hundreds of great books that offered brilliant solutions . . . some of which I implemented and some I "filed away" for future use. Some I never finished.

Something within me was just not willing to be miserable. I watched happy people savor simple things, and it made an impression on me. I wanted to be able to do that too. The important discovery for me then was that happiness and good health were possible for me to achieve - even though I didn't have a clue where to start. I just kept trying things. I stuck with it - day after day. I have been smoke-free for 18 years, I'm usually in a good mood, I have a beautiful, comfortable home, satisfying work, and a strong support network and circle of friends.

The Good Health Cheat Sheet

For me life had been an uphill climb, but it needn't be for you. There's no reason to struggle unnecessarily in this life. I am eager to show you many short cuts to good health and happiness. Rather than use judgment to nudge you toward these concepts, I look for ways to make the healthy choices compelling.

A great place to start is by designing a wellness foundation. In this Healthy Habits program, I show you how to do this so you can sustain your healthy choices with much less effort and a good deal of pleasure.

Professional Training and Experience

I'm a trained life coach (Coach U, Coachville, Graduate School of Coaching). I received an M.S. in Exercise Science & Community Health at the University of Kansas and an M.A. & B.A. in English from Western Michigan University.

As the director of an employee wellness program for 80,000 members, I see first-hand the challenges people face living a wellness lifestyle in the midst of a culture that supports a worseness lifestyle. As a self-proclaimed Ambassador of Wellness, I'm on a mission to change that and help people live healthy, happy, productive lives . . . in this lifetime.

I invite you to visit CherylMillerVille.com regularly and hopefully make it your home. There are many resources, many of them free, that I hope you will take advantage of.

And consider becoming one of the Village People at The Ville. Find out more here: www.cherylmillerville.com/village-people