

# Daily Routine

## Reflect, Plan and Act

The purpose of this exercise is to have you reflect on your daily routine, identify areas for improvement, and develop a workable plan which will get you into action. It's important to focus on only ONE area at a time.

It is highly recommended to sit in a quiet space and set a timer for 30 minutes to do this exercise.

### R E F L E C T

#### Nutrition Intake

Describe your daily nutrition intake. How often do you eat? Are you a grazer or go hours without fueling your body? Do you hit all the 5 food groups? Do you tend to eat too much of one thing? Do you eat out a lot? Do your emotions drive your eating? Eating 6 small meals a day and eating from all food groups is critical for a healthy balance.

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From 1 to 10 (1=Awful, 10=Perfect) how would you rate your eating habits? \_\_\_\_\_

## Sleep

Describe the quality and quantity of your sleep? Do you get the recommended 7-8 hours of sleep? Are you a light or heavy sleeper? If you have issues with sleeping, what do you think is the cause?

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From 1 to 10 (1=Awful, 10=Perfect) how would you rate your sleep habits? \_\_\_\_\_

## Hydration

What are some of the beverages you drink every day? What do you consume the most? How much water do you drink? How much caffeine? How many sugary drinks? Ideally, we should be consuming a minimum of 64 oz of water daily.

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From 1 to 10 (1=Awful, 10=Perfect) how would you rate your hydration habit? \_\_\_\_\_

## Mindset

What are your daily stress levels and triggers? Do you find the positive in each day? Do you consider yourself a happy person? Do you find joy in the little things? Do you express gratitude? When you encounter an obstacle do you give up easily or do you persist and try to overcome? How do you feel about yourself? Do you continuously experience negative thoughts about yourself? Are you always comparing yourself to others?

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From 1 to 10 (1=Awful, 10=Perfect) how would you rate your daily mindset? \_\_\_\_\_

## Surrounding Environment

Describe the type of friends that surround you. Are they positive, and bring laughter and joy to your life? Or do they drag you through constant negativity? Do they support you, no matter what? What about the books you read, the movies or TV shows you watch, or the activities you do? Are they fulfilling? Would you say they contribute to a healthy mindset and body health? Describe your home life. Is it cluttered with objects, disorganization, and chaos? How are the family dynamics?

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From 1 to 10 (1=Awful, 10=Perfect) how would you rate your environment? \_\_\_\_\_

## Exercise

Describe your exercise routine and frequency. Are you happy with the amount and quality you are getting? If you do not exercise, what holds you back from starting or keeping a consistent habit?

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From 1 to 10 (1=Non-Existent, 10=Perfect) how would you rate your exercise habit? \_\_\_\_\_



Now that you have spent some time reflecting and identifying areas that need improvement, choose ONE area that you can begin transforming.

What are you going to start with first? Why? What is the outcome you are expecting? What steps do you need to take to get started? What would have to change in your daily routine to make this happen?

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Now that you've evaluated and planned your amazing transformation, now is the time to take action. Decide on a day you will start and set aside time on your calendar. It's important to stay consistent to form the new habit. If you fall down, get right back up and continue. **DON'T GIVE UP!**