



Energize Yourself to Take Your Leap of Faith

Does your body feel off in some way? Describe how you feel as vividly as possible.

Prompts:

- Do you feel tired? Normal tired? Stressed tired? Exhausted to the bone tired?
- Do you feel bloated? Hungry? Uncomfortable in your clothes? Sugar crash?
- Do you have aches & pains? Are they persistent? Or new?

How is this "off" feeling affecting your mood or your life today?

Prompts:

- Are you grouchy? Quick to snap at people? Very little patience?
- Do you feel bad about yourself? Is this causing you to judge others? Gossip?
- Do you feel hopeless? Like you'll never get ahead of the curve? Just don't care anymore?

Now let's put those thoughts together. Which "off" feeling would you like to change first? What part of your body self-care do you need to work on first? Exercise, diet, or sleep?

Before we go further, remind yourself that you do not need to be perfect. You just need to consistently get a little better every day. You will mess up. That's okay. Acknowledge it, accept it, forgive yourself, and keep going!

It may be helpful to complete our "Own Your Why" worksheet before you continue working through this one. You can find it in the "Worksheets" menu.

Did you commit to improving your exercise habits?

Remember, exercise will:

- increase the neurotransmitters in your brain.
- improve your attention.
- strengthen your brain so you can develop self-discipline and critical thinking.

What's one exercise habit you will commit to this week? Next week? The next week? How many days per week will you commit to performing this habit?

Prompts:

- Walk for 10-30 minutes
- Find a few HASfit videos to perform (hasfit.com)
- Something simple like - 20 pushups, 30 jumping jacks, 25 squats, etc.

Days you performed this habit

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Days you performed this habit

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Days you performed this habit

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What are my exercise habits? Check out our post
"How I Energize Myself to Take My Leap of Faith"

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Did you commit to improving your diet habits?

Remember, your diet is important because:

- you need good fats to maintain and create cells, including brain cells.
- you need protein to increase your neurotransmitters.
- you need low glycemic carbs for sustained energy levels.

What's one diet habit you will commit to this week? Next week? The next week? How many days per week will you commit to performing this habit?

Prompts:

- Good sources of fatty acids: nuts, seeds, fatty fish
- Good sources of protein: lean meats, eggs, low-fat dairy, Greek yogurt, quinoa, soy
- Good low glycemic carbs: whole & multi grains, oats, sweet potatoes, beans, brown rice

Days you performed this habit

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Days you performed this habit

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Days you performed this habit

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Days you performed this habit

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What are my diet habits? Check out our post
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Did you commit to improving your sleep habits?

Remember, your sleep is important because:

- your brain uses a lot of energy.
- your brain produces a lot of waste.
- the only time your brain dumps this waste is when you are sleeping.

What's one sleep habit you will commit to this week? Next week? The next week? How many days per week will you commit to performing this habit?

Prompts:

- Go to bed and wake up at consistent times
- Turn your devices off at least one hour before bed
- Meditate or pray before you go to sleep

Days you performed this habit

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Days you performed this habit

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Days you performed this habit

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Days you performed this habit

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What are my sleep habits? Check out our post
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