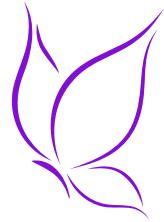




A  
PATHWAY  
TO  
SELF LOVE

**CREATIVE MIND EXPERIENCES  
BY CORINA STUPU THOMAS**

# A PATHWAY TO MINDFUL LIVING



We live in a world where we are bombarded with information. Left right and centre we are being told about the latest diet to adopt, the latest set of exercises that this so called star endorses, the latest superfood that nobody had heard about until now and so on. The cacophony of testimonials makes the metaphorical noise deafening ... we are left confused, lost, even exhausted.

On top of this we live in completely uncharted waters, in a world where the goal posts of simple living are being changed almost daily, putting a heavy weight on our mental and physical health.

This is why I would like to invite you to take time out, to stop listening to outside noise and to tune in to your inner voice, to your own self regulator, to your own inner guide.

I would like you to *think* and *decide* for yourself - so I pose this simple question .... What if a more mindful way of living everyday life, based on your own **OBSERVATION** of your present way of living, could be the *answer* to your confusion, could provide you with the key to changes you might wish to make to your daily life? And I mean observation without self- judgement.

**This is what the workbook is all about!**

# WEEK 1



Mindful colouring in

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY  
EXERCISE DID YOU DO TODAY - DAY 1?

.....

.....

.....

2. HOW DID YOU FEEL BEFORE AND  
AFTER THE EXERCISE SESSION?

.....

.....

TODAY I AM THANKFUL FOR

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.....

"WHEN YOU FALL, LEAP TO YOUR FEET AND TRY AGAIN" - NADIA  
COMANECI



# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 1?

.....  
.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

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.....

.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

.....  
.....

WHAT CAN YOU DO TO BE LESS CRITICAL  
OF YOURSELF?

.....  
.....

.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY EXERCISE DID YOU DO TODAY - DAY 2?

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.....

.....

2. HOW DID YOU FEEL BEFORE AND AFTER THE EXERCISE SESSION?

.....

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TODAY I AM THANKFUL FOR

.....

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**"IT'S GOING TO BE A JOURNEY. IT'S NOT A SPRINT TO GET IN SHAPE." - KERRY JENNINGS**



# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 2?

.....  
.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

.....  
.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

.....  
.....

NAME THREE THINGS YOU LOVE ABOUT  
YOUR LIFE

.....  
.....  
.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY  
EXERCISE DID YOU DO TODAY - DAY 3?

.....

.....

.....

2. HOW DID YOU FEEL BEFORE AND  
AFTER THE EXERCISE SESSION?

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TODAY I AM THANKFUL FOR

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**"THE ONLY PERSON WHO CAN STOP YOU FROM REACHING YOUR  
GOALS IS YOU". JACKIE KERSEE**





# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 3?

.....  
.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

.....  
.....

.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

.....  
.....

WHAT BAD HABITS DO YOU PLAN TO  
BREAK?

.....  
.....  
.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY EXERCISE DID YOU DO TODAY - DAY 4?

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2. HOW DID YOU FEEL BEFORE AND AFTER THE EXERCISE SESSION?

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TODAY I AM THANKFUL FOR

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"I'VE FAILED OVER AND OVER AGAIN IN MY LIFE. AND THAT IS WHY I SUCCEED," MICHAEL JORDAN



# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 4?

.....  
.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

.....  
.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

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.....

WHAT NEW HABITS DO YOU PLAN TO  
ADOPT?

.....  
.....  
.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY  
EXERCISE DID YOU DO TODAY - DAY 5?

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2. HOW DID YOU FEEL BEFORE AND  
AFTER THE EXERCISE SESSION?

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TODAY I AM THANKFUL FOR

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**"WISDOM IS ALWAYS AN OVERMATCH FOR STRENGTH"**

**- PHIL JACKSON**



# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 5?

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.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

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.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

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.....

WHAT MOTIVATES YOU TO EMBRACE A  
HEALTHIER LIFESTYLE?

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.....  
.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY EXERCISE DID YOU DO TODAY - DAY 6?

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2. HOW DID YOU FEEL BEFORE AND AFTER THE EXERCISE SESSION?

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TODAY I AM THANKFUL FOR

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"WITHOUT SELF DISCIPLINE, SUCCESS IS IMPOSSIBLE. PERIOD." -  
- LOU HOLTZ



# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 6?

.....  
.....

2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

.....  
.....

3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

.....  
.....

WHAT ARE YOUR 3 BEST QUALITIES?

.....  
.....  
.....

# MINDFUL EXERCISE



1. WHAT BODY AND MIND-BODY EXERCISE DID YOU DO TODAY - DAY 7?

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2. HOW DID YOU FEEL BEFORE AND AFTER THE EXERCISE SESSION?

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TODAY I AM THANKFUL FOR

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**"RUN WHEN YOU CAN, WALK IF YOU HAVE TO, CRAWL IF YOU MUST, JUST NEVER GIVE UP." - DEAN KARNAZES**





# MINDFUL EATING



1. WHAT DID YOU HAVE FOR BREAKFAST  
AND AT WHAT TIME - DAY 7?

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2. WHAT DID YOU HAVE FOR LUNCH AND  
AT WHAT TIME?

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3. WHAT DID YOU HAVE FOR DINNER AND  
AT WHAT TIME?

.....  
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NAME 3 WAYS TO LET GO OF STRESS

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