

Holistic Health Blueprint Workbook

Print this out and plan your success.

Habit 1: Drinking Water

A good rule of thumb for figuring out how much water to drink is at least half of your body weight in ounces. (example: 150 pounds would be 75 ounces/day) .

How much water do you want to drink each day _____

How are you going to measure it? (ex: 3 50 ounce bottles/day)

Break you water intake into 2-3 phases. When do you plan to drink the water specifically?

Do you need to do anything to prepare for it? For example, buy a water bottle or get filter?

Describe your water routine...

Are there any challenges?

What are the solutions to those challenges?

What do you think the benefit of following this routine regularly would be on you?

Habit #2: Relaxation

The progressive relaxation and tense and release techniques are perfect for instantly transforming your physical, mental and emotional state.

Ritual Alert: When will it serve you best to relax during the day? For example, if you relaxed before you sat down for dinner or as you were lying in bed to go to sleep, how would that affect you?

When will it serve you best to relax during the day?

What do you think the benefit of relaxing regularly would be?

Habit #3: Breathing

You need more oxygen in your body. To accomplish this, you can use the simple Deep Breath Technique.

Ritual Alert: Think about the time of day and place where it will be easiest to do your breathing exercise, remember you're planning for the long term.

When are some times during the day when you could practice deep breathing?

What do you think the benefit of deep breathing regularly would be on you?

Habit #4: Sleep

Getting plenty or deep, restful sleep makes everything better.

How much sleep would you like to get each night? _____

What time do you want to go to sleep and what anchors could you use to trigger the start of your sleep ritual? (you can have different routines) _____

What are your "sleep stealers"?

Describe your ideal sleep ritual?

Are there any challenges with this ritual?

What are the solutions to those challenges?

What do you think the benefit of following this routine regularly would be on you?

Habit #5: Nourishment

A simple plan to follow in the beginning that is going to give you amazing results is to focus on eating at least 5 servings of LIVE FOODS a day.

This isn't about giving up foods, it's about eating the right foods.

Describe your "living vitamin" strategy, when you'll do it and ingredients?

What do you need to prepare for it? When are you going to get the ingredients?

Are there any challenges with this ritual?

What are the solutions to those challenges?

What do you think the benefit of following this routine regularly would be on you?

Habit #6: Movement

I want you to think about SLIGHTLY increasing what you're currently doing. (if you've been doing nothing , you can start with 5 minutes of walking a day)

Ritual Alert: The main focus here is on building a long term routine, resist the urge to jump into an extreme program. Start with where you are and slowly build up, consistency is the most important factor here because it is ultimately what's going to give you the best results.

Describe your ideal movement rituals and when they would fit into your schedule....

Flexibility...

Strength...

Walking...

What do you think the benefit of having these routines regularly would be on you?

Habit #7: Meditation

This is going to be the foundation for your success. This 5 minutes a day is going to influence everything else that you do, so commit to making this a habit. Watch the video to learn the technique.

Ritual Alert: You can increase the craving for this process by making it more ritualized. Some ways to do that are to light a candle or incense, put on music, sit in a special chair or lay on the floor or bed, take a bath first, etc. The secret is to make it an enjoyable experience, so that you automatically look forward to it.

When will it serve you best to meditate each day?

What do you think the benefits of meditating regularly would be?

Habit #8: Gratitude

When can you practice gratitude each day?

What do you think the benefits of feeling more grateful would be?

The Daily Checklist

put a line through each thing that you did that day

Week 1

| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------|------------|------------|------------|------------|------------|------------|
| Water | Water | Water | Water | Water | Water | Water |
| Breathing | Breathing | Breathing | Breathing | Breathing | Breathing | Breathing |
| Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation |
| Exercising | Exercising | Exercising | Exercising | Exercising | Exercising | Exercising |
| Eating | Eating | Eating | Eating | Eating | Eating | Eating |
| Mental | Mental | Mental | Mental | Mental | Mental | Mental |
| Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 |
| Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 |
| Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 |

Week 2

| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|------------|------------|------------|------------|------------|------------|------------|
| Water | Water | Water | Water | Water | Water | Water |
| Breathing | Breathing | Breathing | Breathing | Breathing | Breathing | Breathing |
| Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation |
| Exercising | Exercising | Exercising | Exercising | Exercising | Exercising | Exercising |
| Eating | Eating | Eating | Eating | Eating | Eating | Eating |
| Mental | Mental | Mental | Mental | Mental | Mental | Mental |
| Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 | Habit 1 |
| Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 | Habit 2 |
| Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 | Habit 3 |

Results:

At the end of 2 weeks take note of your results. If you're pleased with them, then continue doing what you're doing. If you want to get different results than either stick more closely to your plan OR change up your plan and repeat the process.