

# THE DOMINO EFFECT

SELF-LOVE, AUTHENTICITY & PERSONAL POWER

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## Healthy Habits

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It takes anywhere from 18 to 254 days for a person to form a new habit. A habit is a behavior that is repeated regularly and tends to occur subconsciously. On average it takes 66 days for a new behavior to become automatic.

The vast majority of our daily rhythms and routines are habitual, however most of these habitual ways of being have been created quite mindlessly, and without consideration to how they impact our lives.

If, like many, this is the case for you, please do not be concerned - this is a wonderful opportunity to begin creating the habits that will support you on your life's journey.

Remember that we cannot change what we do not see.

I would like to invite you to begin becoming more conscious and aware of your daily habits and routines.

Assess whether they are serving you or hindering you and then begin to make small daily changes that will eventually become your new, consciously chosen, healthy habits and routines.

## Personal Health Inventory

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Before we can begin the process of creating new healthier habits, we need first to conduct an inventory on where we are now. It is important to remember that this is NOT for us to berate and belittle ourselves.

This inventory is merely noting the place that we will begin. It is the starting point, where we begin the journey to developing a new relationship with our bodies, and our understanding of what true wellness is.

Take a moment to let this sink in...

With a kind heart (as if you were speaking to a friend or loved one), acknowledge that the answers below have absolutely no influence on the end result, affirm that this is simply the place where we start.

Take a few deep breaths and with love, complete the below personal health inventory in your journal.

This is such an exciting time as this is the beginning of a new relationship with your body, mind and heart. This is the beginning of you listening to and respecting the inner sanctum of your being.

This is where we take a moment to accept that although we have not reached our final destination of health and happiness, we choose to step further onto the path of loving and accepting ourselves fully and completely... One small step at a time.

Take a few moments to answer the below questions as honestly as you can. Allow yourself to answer without judgement and without over thinking it.

Just allow the answers to flow onto the page instinctively.

## **Personal Health Inventory Questions:**

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### Inventory of your overall feelings

- How do you feel?
- How did you feel yesterday?
- When do you have low moments?
- Is there a pattern to your low moments?
- Is it difficult for you to get out of bed in the morning?

### Inventory of your energy levels

- How would you rank your energy level on a scale of 1 to 10?  
(1 being extremely low and 10 being wonderfully high)
- How have your energy levels changed over the last year?

### Inventory of your daily schedule

- How regular is your schedule of when you eat?
- How regular is your schedule of when you exercise?
- How regular is your schedule of when you sleep?
- It is the same every day?
- What are your worst days? Why?
- What are your best days? Why?

### Inventory of your appetite

- Is it the same as it used to be? Stronger? Weaker?
- Do you have serious cravings (yes/no)? If so, for what?

### Inventory of your digestion:

- Do you experience any feelings of discomfort (yes/no)?
- If you have symptoms, are they better or worse after eating?
- Do you experience any intolerance, sensitivity, or allergy to certain foods (yes/no)? Which foods?

### Inventory of your sleep patterns:

- Do you sleep well (yes/no)?
- Do you resort to sleep aids on occasion (yes/no)?
- Do you wake up feeling rested most of the time (yes/no)?
- How consistent are your bedtimes and wake times?

### Inventory of pain:

- Is there any area where you feel discomfort or pain (yes/no)?
- Which areas in particular are most noticeable?
- Is the pain better or worse at different times? (yes /no)? If yes, when are they better/ worse?

### Inventory of passing colds and flus:

- Do you get sick a lot (yes/no)?
- How many fevers have you had this past year?
- When you get sick, does it seem to take you longer than your friends or family members to get better (yes/no)?

### Inventory of your mood:

- How stable is your mood?
- Do you have feelings of depression (yes/no)?

### Inventory of your stress level:

- On a scale of 1 to 10, how bad is it?  
(1 being very slight and 10 being extremely bad)
- Is it chronic or just once in a while?
- Does the stress affect your lifestyle?
- If your stress is work-related, do you love or hate your job?

Remember these answers are neither right nor wrong.

In order to make changes in our lives, and to be able to support ourselves in living the best expression of our lives, we require conscious and honest awareness.

**PLEASE NOTE:**

**This is neither a list of things to berate yourself for, nor a to-do and 'fix it' list.**

This is merely a chance for you to take stock, to give yourself the necessary and deserved attention to check in and to become aware.

It is awareness that allows us to realign with our innate personal power. It is through awareness that we can bring our attention and much needed love inwards.

## My Top Healthy Habit Tips:

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- Eat breakfast within 30-45min of waking: this will stabilize your blood sugar levels and will get your body re-energized and re-hydrated after fasting while you slept.
- Snack between meals to keep your blood sugar stable, energy levels up, and to stop you from overeating later on.
- Make water and herbal teas your drink of choice: It's so important to be aware of what we are drinking. Around 60% of our body is made up of water. **Good hydration is absolutely vital!**
- It is better to eat 5 small meals a day than 1 or 2 large meals. Eating small frequent meals will keep your blood sugar levels stable, your energy levels up and your mood balanced throughout the day.
- Try to move your body in some way each and every day: Movement is medicine.
- Avoid drinking caffeine a minimum of 6 hours prior to bedtime. Caffeine has been proven to cause significant disruptive effects on sleep and sleep hygiene. If you truly love the taste of coffee, buy some decaf coffee to consume in the late afternoons and evenings.
- Eat the rainbow: Different-colored plants are linked to higher levels of specific nutrients and health benefits. While eating more vegetables and fruit is always a good idea, focusing on eating a variety of colors will increase your intake of different nutrients to benefit various areas of your health.



## My Top Tips For Creating New Habits:

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### 1. Focus on 1 change at a time

Changing too many things at once will have you feeling overwhelmed and defeated as you struggle to keep everything straight. Keep it simple.

Make 1 small change at a time and build on that. Rome wasn't built in a day. This is about living a healthy, balanced lifestyle - it is not an overnight overhaul.

### 2. Discipline wins over motivation

You will not always feel motivated to work out, meditate or even eat healthily. Sometimes you simply won't feel like showing up and doing the work. When this happens you will need to lean on self-discipline in order to do the things you know you need to do, regardless of whether you feel like it or not.

### 3. Set yourself up for success

Make sure your environment supports your goals.

If your goal is to drink more water - keep a water bottle or jug of water on hand at all times.

If your goal is to eat healthier, wholesome foods - keep your fridge/cupboards stocked with these kinds of foods and avoid buying the things you know you are trying to stop yourself from eating.

If your goal is to get more sleep, start your bedtime routine a little earlier. It is often difficult to try to get to bed as much as an hour earlier than your current routine. Instead of aiming for 1 hour earlier, start with getting to bed just 15 minutes earlier for 1 full week and then slowly increase this by 10-15-minutes each week.

#### 4. Let go of perfect

Perfect can literally steal our progress... why? Because when we don't feel like we have shown up 'perfectly' we begin to feel like a failure! This derails our progress and leads to us feeling demotivated and disheartened which ultimately causes us to give up on our efforts.

It may not be perfect, BUT you are doing the very best you can, and that **is enough!** Get comfortable with it being 'good enough' and watch the shifts that occur.

#### 5. Enjoyment is key

If you like what you are doing, and actually ENJOY the process, you will keep doing it. If you don't, you won't. It really is that simple.

#### 6. Preparation & planning are vital

Life is busy... being prepared and planning ahead will help to ensure the busyness of life doesn't become a reason not to do the things you know are in your best interests.

Also, being more prepared often frees up time! So take the time to plan things out and get prepared - it will save you time in the long run.

## 7. Get back on track

It's okay if you fall off the wagon, let it go, shake it off and get right back on track. Keep your eyes on the prize. It's all a part of the journey.

### **Additional Homework Questions:**

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1. Take note of your usually morning routine: What do you do most days before getting started with work? Does this support or hinder you?
2. Take note of your usually evening routine: What do you most evenings after work? Does this support or hinder you?
3. Take note of your usually lunchtime routine: What do you most days over lunch? Does this support or hinder you?
4. What is 1 small change you can make to support yourself, your health and your well-being?
5. What is 1 habit that you current have that is draining you of energy, health or happiness?
6. What is 1 habit that you current have that is supporting you in living a healthy, balanced lifestyle?