

Before You Start...

I'd love for you to fill out this questionnaire. Then, when you're on the journey, you can come back to it and see just how far you've come. If you follow all aspects of *The Healthy Life* plan, I promise your answers will change dramatically in a matter of weeks.

1. How do you feel right now, emotionally and physically?.....

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2. What is your greatest health challenge?.....

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3. At what point in your life did you feel your best?.....

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4. What do you feel is stopping you from being your best right now?.....

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5. What are your main health goals?.....

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6. How do you take care of yourself right now?.....

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7. Do you feel incredibly alive and present in your life?.....

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Identifying a problem is the first step to solving it. If you can articulate what is holding you back or making you unhappy, you'll have a better chance of envisioning the path in front of you.

Use #thehealthylife and #jshealth on Instagram to let everyone know how your new and improved lifestyle is going. Remember, we're all in this together.

Commitment Contract

I promise to embark on this health journey with optimism.

I am dedicated to making health a priority – the number one priority – in my life.

I will be honest and patient, and continue to make small changes to have a big impact.

I promise to forgive myself for any choices or attitudes I had in the past, and look to a brighter, happier, healthier future.

I will remind myself daily that I am enough just as I am.

I relieve myself from the need and desire to look and be perfect.

And I will commend myself for putting in the effort to better my health.

Name:

Date:

Worksheet

Copy the worksheets throughout the book and stick them to your fridge or inspiration board.

Do you suffer from any digestive issues (bloating, constipation, etc.)?

What three changes will you make to start healing your digestion this week?

Is there anything you need to let go of emotionally? Consider family, relationships, work and financial issues.

Worksheet

What are your most typical cravings?

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What feelings do you associate with these cravings? Write them down. For example, when I'm sad, I crave chocolate. When I'm stressed, I feel like salty foods.

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Keep a blood-sugar diary for a few days. Record how you feel when you wake up, mid-morning, lunch, mid-afternoon, evening and before bed. Can you identify any patterns?

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What changes will you make to balance out your blood sugar?

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Love your fruit? Mix it with a handful of nuts and some Greek-style yoghurt for a low-GI snack.

Worksheet

Do you suffer from any of the issues associated with sluggish liver function (e.g. irritability, acne, weight gain)? Write these down.

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How do you feel after you drink coffee or alcohol? For example, does coffee give you energy or does it make your heart race? Do you experience nasty hangovers? Can you consider taking a two- to four-week break from the two stimulants?

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How can you make your environment a happier, healthier place? Is there anything in your environment that doesn't serve you?

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What changes will you make to give your liver a break?

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Drinking a green juice daily is the easiest way to give your liver a nutrient hit.

Worksheet

What are you willing to eliminate from and add to your diet for healthier hormones?

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How will you incorporate more rest into your day?

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Which good fats will you add to your plate?

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Worksheet

Can you identify any stressors in your life? They can be physical, emotional or environmental.

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If you're a coffee drinker, record how you feel throughout the day. Then ditch coffee and see if you feel differently.

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How will you unwind every day?

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When and for how long will you try to go into the Stress-free Zone every day?

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Worksheet

Fill out a symptom diary for a week. Did you notice any patterns about the way you felt before and after eating? Does eating affect your self-love?

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Next time you have a meal, commit yourself to eating mindfully. Write down your experience. What did the food look like? Smell like? Taste like? How long did it take you to eat? How did you feel afterwards?

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Is there anything negatively influencing your eating (e.g. stress, work colleagues)? What five activities (e.g. bath, walk in nature) will you use to curb emotional eating?

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What self-love activity have you done for yourself today or this week? Commit to doing something nice for yourself every day.

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Home exercise

Write down five things you'd like to do more of. Commit to doing at least two out of the five this week. I can tell you this made a huge difference not only in my outlook of the week ahead, but also in my overall attitude. When I focused on doing things I truly wanted to do and made a commitment to making some of them happen, I felt an excitement and freedom I hadn't felt in a long time. It didn't feel like another item on the to-do list; it felt like honouring myself.

Worksheet

Based on your schedule and energy/stress levels, write down a new exercise regime. Try it for one week, recording how you feel before and after each session.

After one week, what have you learnt about exercising less, but smarter?

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Choose three stretches or yoga poses to do each morning.

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Home exercise

Create a mood board of fun, fit photos to inspire you to move your body.

Worksheet

How many hours of sleep do you get a night?

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What do you think is affecting your sleep?

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What three to five things will you incorporate into your life to get a better night's sleep?

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Worksheet

Write down how you feel about your body right now. Then write down how you want to feel about your body. What affirmations will get you there?

What parts of your body do you love?

What nutrition and lifestyle changes will you make to reach your optimal weight?

Do you have emotional baggage? Are you holding any grudges? Write these down and then let them go.

FOOD DIARY

Writing down what and when you eat (and how you feel afterwards) is one of the best ways to connect with your own body and identify true hunger signals. Use this food diary to track your eating patterns, as well as your progression towards optimal health – and the body of your dreams!

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST			
MID-MORNING SNACK			
LUNCH			
MID-AFTERNOON SNACK			
DINNER			
SUPPER			
EXERCISE			
SYMPTOMS			

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Progress Sheet

HEALTH CONCERN/GOAL:

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	MEASUREMENTS	ENERGY	SLEEP	EMOTIONAL STATE	CURRENT SUPPLEMENTS / MEDICATIONS	DIGESTION / BOWEL MOVEMENTS
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						
WEEK 6						
WEEK 7						
WEEK 8						

Self-love Planner

Fill this out every morning if you can. I print out lots of copies and stick them to my fridge so I don't forget.

What is today's affirmation?

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What am I grateful for today and why?

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What do I hope to achieve today?

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What is one eating habit I am going to change or attempt to create this week? (e.g. cut back on caffeine, enjoy a snack between meals)

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How am I feeling today?

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How am I going to manage any negative thoughts or feelings?

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What will I do today to look after ME? (e.g. meditation, reading, bath)

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How will I move my body today?

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What is on today's to-do list?

Priorities:

Things that can wait: