

Life Changing Habits

In Under 10 Minutes!

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This list is for anyone who's short on time but wants to be proactive in their health.

Print this off, post it on your fridge, and do one thing a day. I know your brain might tell you it's not enough, but it is. It all adds up.

So let's GO!

Morning

Select ONE:

- Start your day with a glass of water BEFORE your coffee. Feel free to add some fresh lemon juice if you want.
- Drink a glass of water with 1 TBSP of chia seeds. Soak for approx 20 minutes before. This is very helpful if you're not having a daily BM or feel your hormones are out of whack.
- Step outside and tilt your head up to the sky/rising sun. A bit of light exposure can help set your circadian rhythm so this is huge if you're struggling with sleep.
- Wake up 5-15 minutes before you need to and breathe, journal, move, go outside or sit quietly with your thoughts.
- Plan your first thoughts of the day. We often start out flooded with worry and stress which immediately triggers our stress response in our body, instead think about what thoughts would create a good day. What thoughts would set you up right and make you love your life? How do you want to feel today?
- Do 3-10 sets of pushups/squats/something while your morning beverage brews.
- While you brush your teeth look at yourself in the mirror, right in the eye, and tell yourself you love yourself. "I love you" in your head. Even if you don't believe it (yet), just keep saying it every single day twice a day.
- Start or finish your shower with cool water for 10-30 seconds. Breathe, and count slowly. This might not be long enough to access all the benefits of cold exposure but it will definitely impact your mental resilience and grit.
- Pause for 5 seconds in the midst of the rush and hug someone in your house.

- Eat within an hour of waking (especially if you've been feeling burnt out, stressed out, or experience energy crashes, food cravings or lack of focus throughout the day).
- Start with a savoury breakfast: Include protein, plant fibres and healthy fats.
- Tell someone in your house (or outside of your house!) something you appreciate about them. This improves our relationships and increase our joy. When we're kind, we're happy.
- Listen to a guided meditation in your headphones on your commute. Try a bunch of things out! Sound baths, affirmations, breathing exercises, manifestation work, whatever sounds interesting to you.
- Avoid your phone for the first hour of your day.

Afternoon

Select One:

- If you're building a to-do list, practice putting your name in the very top spot. So YOU are on the top of the list. Do it, you'll see.
- Go for a quick walk on your lunch break, even 5 minutes is fantastic!
- Take calls while standing, walking or moving around, suggest standing zoom calls, or if you're only meeting with one or two people suggest meeting outside.
- Change your gaze. Look out the window for a few minutes, notice something far away, then close, then middle. Close your eyes for a pause.
- Connect with people in real life. Leave your office.
- Create an actual lunch break. It doesn't need to be long, even 10 minutes away from your computer and screens is huge.
- Eat 1-2 tbsp of ground flaxseeds at some point throughout the day, especially if daily BMs aren't happening or you feel like your hormones are out of whack.
- Hydrate (Your weight in lbs divided in half = the amount of fluid ounces you should aim to drink per day. Or, just go for 11+ glasses of liquid per day.)
- Do 3 mini meditations (1-2 minutes) throughout the day. That is just 3 long slow breaths 3 times a day.
- Sprinkle random acts of kindness throughout the day. (Eg. Smiling at a stranger, opening the door, saying thank you to your coffee barista, etc. Keep it simple and trust that it will make YOU feel happier. It will.)
- Listen to a guided meditation or affirmations on your commute home. Avoid deeply relaxing options if you're driving!
- Listen to music that makes you feel abundant, relaxed, at peace, alive, whatever.
- Add greens and other veggies to your lunch time meal. (ALL YOUR MEALS!)
- Receive a compliment with grace and gratitude.
- Text someone you love a simple msg of kindness and support
- Eat at the same-ish time daily
- Go outside, to a clean place, take your shoes off and stand barefoot on the ground. Breathe.
- Pause before you say yes to something. Even if you plan to say yes, just pause.

- At some point today, ask yourself how you're doing. How you really are. Check in.

After Work Reset

Select One:

Take 5-15 minutes to decompress after work, this will improve your relationships and help you get better sleep.

- Take time to separate yourself mentally from your work mode. Imagine letting work slip off like a jacket and leaving it outside your front door.
- When you get home, crank up some dance tunes and let your body shake and move.
- Complete your stress cycle by moving your body. Brisk walk around the block, 10 minute HIIT, whatever gets your heart pumping!
- Have a shower to let go of your work day, even if it's only 5 minutes long.
- Sit down and read a real book, look at a magazine, listen to your favourite song, chat with your family. Even if it's just 5 minutes!
- If you had a stressful day, journal in detail the thing that is bothering you the most. Try to write out (or mentally go through) how you're feeling, what's happening in your body, and every detail that comes up for you. Not about the event, but about the feeling in your body.

Evening

Select One:

- Call your bestie while you make dinner
- Prioritise a meal of healthy protein, plants, and healthy fats.
- Eat your meal mindfully, paying attention to each bite.
- Share 3 daily gratitudes around the dinner table.
- Dim the overhead lights during or after dinner, or switch to using lamps. (Helps to reset your body to it's natural sleep rhythm.)
- Skip the wine/alcohol and have tea or a mocktail instead.
- Go for an after dinner stroll around the block.
- Have fruit for dessert instead of sugary stuff.
- Plan your meals for tomorrow.
- Turn your phone and computer to "night mode" or even airplane mode!
- Play some relaxing music and have a cup of bedtime tea
- Avoid late-night eating, your body/digestion needs a rest. Aim to make dinner your last meal of the day.

- Try an evening meditation like Yoga Nidra for sleep, a tense and relax option, or a simple breath practice for a few minutes.
- Have a hot bath or shower (having heat exposure in the evening can help your internal body temperature cool, which helps you sleep better.)
- Do a brain dump in your journal. This is where you sit down and dump everything that's on your mind, stressing you out, needs to be done, etc. out of your head. This practice can help you relax and calm your mind and get you out of overwhelm and anxiety.
- Journal your daily gratitudes.
- Go to bed when you're tired instead of staying up for "me" time while scrolling or zoning out. Lack of sleep impacts your food cravings, weight, mental health and cognition and your relationships, just to name a few things.

● Crystals, sex, or self-pleasure. All are fantastic for your health.

Gut Optimisation

Select One:

- Eat fermented foods like sauerkraut, miso, kimchi, yoghurt, etc.
- Take a quality probiotic
- Go poop AT LEAST ONCE A DAY.
- Eat plants at every meal.
- Start your meal with leafy greens of some kind
- Skip artificial sweeteners, gums and things that end in "itol"
- Start a meditation or breathing practice to help manage stress. (1-2 minutes 3-5 times a day will change your life.)
- Exercise to offload stress.
- Try new fruits and vegetables! Diversity is everything.
- Cook with herbs and spices.
- Chew your food and be mindful of eating. Really try and slow down.
- Sit down to eat.
- Increase your fibre intake (and your water intake.)
- Hydrate. ☺
- Avoid unnecessary pharmaceuticals when you can.
- Cooking your own food, or trying to engage other senses will help optimise your digestion.
- Enjoy your food and express gratitude for it.
- When you eat, only eat. (Put the phone down.)
- Try adding about 1 tbsp of raw apple cider vinegar to an 8 oz glass of water (also fantastic with soda water) and drink it about 15 minutes BEFORE you have your meal. The Glucose Goddess is a fantastic resource for everything insulin related.

Health doesn't need to be complicated.

Everything on here will actually impact how you feel and how you show up for your life. Select one to practise daily and keep the ones you love the most as part of a routine.

When we keep it simple we start. Then we succeed. This results in us feeling motivated, confident, and ACTUALLY building a foundation of health and happiness.

It doesn't need to be complicated or fancy, it just needs to happen.

If you would like to learn more about working with me, email me at gwen@gwenjohnson.ca to schedule a free call that can help you understand your obstacles, AND ACTUALLY MAKE CHANGE IN YOUR LIFE... Finally.

Gwen Johnson

Certified coach for busy women who want to feel fantastic and enjoy their damn lives!