



Week 1 Foundation: CEO of you Health

- **Scheduled Daily Routines:** Setting up your daily routines. We suggest and use ourselves a weekly calendar with our daily life and then schedule times with the CEO of Your Health (YOU!) Each day setting up times to accomplish daily routines and habits is a huge part of building successful habits that compound into the transformation of your life. One of the single most important steps to reaching any health goal you set for yourself!
- **Scheduled Meditation Time:** We suggest mornings for meditation as it starts your day with intention and purpose. Starting your day this way is taking the first step for your day in the direction you want it to go. Just like it is easy to say I will start Monday or Tomorrow as we all know that rarely leads to any goal being reached.
- **Mantra / Mindset:** Setting up Mantras to do in the morning and through out the day and doing daily steps towards improving your mindset keep you on path towards your health goals. In any aspect of life that I am trying to improve on my Mantra and mindset work go hand and hand to accomplishing that goal. This also helps in breaking the habits and auto pilot activities we do daily and transform them into positive ones or removing them if they are a habit that is no longer necessary or one that is repeatedly stopping you from reaching your health goal.
- **Meal Planning / Prep / Shopping:** Not planning IS planning! It is planning to FAIL! IF you don't have times set during the week that you will grocery shop, food prep, meal plan then you are planning on failing. The good news is each week this will become easier and easier and eventually be an automatic routine. As you go through this health and life transformation you are building new habits and new rituals. Instead of buying food that is stopping or hurting you, they will be replaced with foods that heal and make you healthy. Instead of doing the current auto pilot meals that are stopping your results, they will be replaced with new meals you will do automatically that increase your health and vitality!
- **Drive Time University (Education Time):** When learning anything new you need to set time aside to do so. This is one of the most important courses of your life. Deciding when you will be doing these tasks separates you from the success you want from where you are today. What days, what time will you sit down and learn? If you have to give up something like binge watching a favorite show refer back to your "WHY" you are doing this? Changing some current habits to make room in your day and week becomes paramount to learning and succeeding.
- **Movement / Exercise:** Building new habits that incorporate movement and exercise for health, healing and vitality is critical. If you don't set times for this it will be easy to say "I didn't have time today" a 30 minute workout is 4% of your day. As you learn more through the program we will give you tools and ideas on other ways to incorporate this into your daily lives. This is just a new path you are on but is vital to your health and life transformation.
- **Self Care:** Relaxation, Bath, Massage, Fun Activities