

A BALANCED LIFE
Planning Journal

*A daily guide to improve your health, happiness, and abundance,
by embracing nature, positivity, and gratitude.*

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STEPHEN T RADENTZ LLC

INTRODUCTION

You must get your body right, to get your mind right, to get your life right.

It is all about balance, you can have the perfect life by embracing nature, positivity, and gratitude every day.

A BALANCED LIFE Planning Journal is a complete guide to better health, happiness, and abundance. This planning journal was designed to encourage you to reduce processed food and synthetic medicine in your life by trying natural alternatives, to enable you to enjoy life in a more positive way, experience gratitude at an accelerated level, and to embrace the outdoors. I have discovered that creating a happy, balanced life requires three simple acts: embrace nature in our food and medicine, spending time outdoors, maintaining positive focus, and feeling and sharing gratitude. This journal will assist you in improving your life in these areas.

By eating and medicating naturally, your body will have the natural nutrients it needs to reach homeostasis. When your brain (mind) has the natural nutrients it needs, it is easier to make positive choices, and to be grateful for what you already have. When you are outside in nature you are receiving natural healing benefits. Plants release chemicals that we breathe that improve our immune system. The sun gives us our daily dose of vitamin D, while movement outdoors improves our cardiovascular system while maintaining our muscles. This connection to nature, positivity, and gratitude is your secret to living a life full of abundance and happiness.

You are holding a journal that was several years in the making. It was developed after using many other journals and planners, and never really finding the perfect balance of body and mind focus. By incorporating natural food and medicine into your life, you will be improving your brain which will increase positivity in your life. Your body and mind work together; however, we frequently treat them separately. Some planners are perfect for planning your day, week, or year, yet they never touch on your body's health. Gratitude journals only focus on gratitude, which is imperative to living a great life, however it also takes a positive mindset and embracing nature to achieve a great balanced life. A BALANCED LIFE Planning Journal is a combination of both concepts. Encouraging you to get outdoors into nature, eat and medicate naturally, while also promoting positivity and gratitude throughout your day. Over 100 motivational, healthy life, gratitude, and other inspiring quotes from selected experts in their fields, to both motivate and inspire you, while also encouraging you to honestly think about the life you want to create. Space dedicated to a planning schedule, divided by the half hour, with tri-hourly hydration prompts. Weekly reviews for celebrating wins and pointing out areas that may need improvement both in your body and mindset. You will also get three, monthly review pages where

you will be able to track the amounts of processed food and chemical medications that you currently consume and then brainstorm for natural alternatives to those foods and medicines. Finding natural alternatives to the products you already use will greatly enhance the amount of happiness you experience in your life! Lastly there are blank pages that will allow you to create your own vision board to keep your dreams alive, and front and center throughout your day.

Committing to use the *BALANCED LIFE Planning Journal* you will be setting your mind to embrace gratitude and positivity every morning, and again in the evening. You will be encouraged, to not only track the natural food and medicine in your day, but also to begin learning what nutrients and health benefits those foods bring to your body. According to scientific studies the placebo effect is credited with 30% of all healing. Knowing how a fruit or vegetable's nutrients work with your body, creates the placebo effect, and those nutrients *will* benefit your body better when you have an expected result. This journal assists you in creating a placebo effect of healing within you. Every day you will ask yourself questions that have the power to bring your awareness of the abundance in your life to a higher level, which will begin improving all areas of your life.

Before you get started you should take the new you *Happiness Assessment*. This will begin to show you where you are at today, and then prepare you for the challenges ahead. You will be asked what pharmaceutical drugs you currently take, and why or what benefit do you receive from them. To change to a healthier alternative, you will need to know why you consume the products you already use. Also, you will review the types and amounts of processed foods you currently consume, so that you can begin looking for alternatives. Synthetic drugs, and many processed foods contain chemicals that alter your body in an unnatural way. Replacing as many of these man-made chemicals with a natural alternative will improve your life. Finally, you will list your time spent outdoors. Embracing outdoor activities is one of the easiest and healthiest activities you can do, and you will be encouraged to track this time and search out new opportunities for you to improve your enjoyment with nature.

On the next page score yourself in the various areas of your life. There are no right answers, be honest with yourself. How are you feeling in each area? Are you confident that you are outside more than one hour a day? Do you consume more than 50% natural foods? Do you eat 2 cups of fruit and three cups of vegetables daily? Are you consuming herbs in tea blends, tinctures, or other recipes? How much time do you spend on electronic devices, E-time [TV, computer, video games, social media] more than one hour a day? 60 ounces of water is the recommended daily goal, are you meeting this? Are you grateful for the good and not so good in your life? Can you find a positive when challenges show up? How do you feel about your finances? This is only to give you a starting point, you need to know where you've been, to know where you are going.

| | | |
|--|--|---|
| Happiness 1 2 3 4 5 | Abundance 1 2 3 4 5 | Gratitude 1 2 3 4 5 |
| Positive attitude 1 2 3 4 5 | Negativity in your life 1 2 3 4 5 | Finances 1 2 3 4 5 |
| Fruit (<i>2 cups a day</i>) 1 2 3 4 5 | Vegetables (<i>3 cups a day</i>) 1 2 3 4 5 | Herbs 1 2 3 4 5 |
| Processed Foods (<i>5 = No processed food diet</i>) 1 2 3 4 5 | Sugar (<i>5 = low sugar diet</i>) 1 2 3 4 5 | Salt/Sodium (<i>5 = low sodium diet</i>) 1 2 3 4 5 |
| Hydration (<i>60 oz water daily</i>) 1 2 3 4 5 | Prescription medication 1 2 3 4 5 | Natural medicine 1 2 3 4 5 |
| Time spent outdoors. 1 2 3 4 5 | Exercise 1 2 3 4 5 | Learning everyday 1 2 3 4 5 |

“Happiness begins with you. Not with your relationship, your friends, or your job. but with you.”
-- Mandy Hale

In the following spaces write your ideal life. List what you're doing, how do you feel, who you are with. Also list in some detail two or three goals that you want to accomplish in the next 30 to 90 days. Refer to this space when you need some motivation.

GOALS

1:

2.

Now it's time for you to focus on how to achieve this goal throughout the next year. Spend some quality time by yourself, or with family or friends, and take a good look at the food and medicine you currently consume. Research how those products are affecting your body and mind. Begin reflecting on how natural food and medicine may be a better alternative. Think about how you can embrace nature more fully throughout the next year. Getting outside is free health care for your body and mind. As your body becomes naturally healthy, and you begin seeing positivity all around you, your life begins to change for the better. With a healthy body and positive mindset, it will be easier to be grateful for what you have today. Feeling and sharing gratitude for every experience in your life will also improve the direction your life takes. This planning journal is the key to setting your foundation for a happy, healthy, abundant life. But you must commit to using it every day until asking yourself the daily questions becomes a habit. Once you have formed the habits this journal creates, you will be ready for anything life throws at you.



Begin by answering the following questions, then rate yourself where you feel you are at today. There are no right answers, learning how you feel today will allow you to evaluate your growth at the end of the year. This self-assessment will begin improving your health, and happiness, and where there is health and happiness, abundance will flow.

"Let food be thy medicine and medicine be thy food." – Hippocrates

Getting your body right

1. _____% of my diet is from processed food?
2. _____% of my medicine is over the counter or prescription drugs?

List the benefits and side effects of the medications you are currently taking:

| MEDICATION | BENEFITS | SIDE EFFECTS |
|-------------------|-----------------|---------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Are there any natural remedies you could use to reduce or eliminate the synthetic drugs you currently use?

| DRUG TO REPLACE | NATURAL ALTERNATIVE | BENEFITS | SIDE EFFECTS |
|------------------------|----------------------------|-----------------|---------------------|
| | | | |
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Now is the time to begin researching alternatives to the food and drugs that you currently use that contain man-made chemicals. As you learn more about the benefits, or the drawbacks of the food and medicine you put in your body, you will begin creating a placebo effect of good health that will contribute to creating a healthy body and mind. Try to learn the health benefits or the nutritional value of a natural food every week, or everyday if you can. This informed mindset will not only make you feel more confident and smarter, but it will also be healing you as well.

In the next section you will review your processed food consumption. Assessing where you are today will begin setting the foundation for your healthier, happier, more abundant life tomorrow. Before you jump into journaling, I encourage you to spend a day researching the chemical ingredients in your favorite processed foods. Don't forget to note the amounts of sugar, high fructose corn syrup, and sodium that they contain.

(Many processed foods also contain some form of genetically modified [GMO] crops. Chemicals from pesticides, herbicides, and fertilizer may be present in the foods as well).

FAVORITE PROCESSED FOOD

| FOOD / BEVERAGE | SUGAR /HIGH FRUCTOSE CORN SYRUP | SODIUM / SALT | CHEMICAL PRESERVATIVES Yes / No |
|-----------------|------------------------------------|---------------|------------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Natural alternatives to your processed food.

| Fruit, Vegetable, Herb | Vitamins / Minerals | Health benefits |
|------------------------|---------------------|-----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

I currently eat _____ cups of fruit, and _____ cups of vegetables every day.

I currently drink on average _____ ounces of water or herbal tea every day.

I currently spend _____ hours a day outside.
How can I get outdoors more often? How can I enjoy nature more fully?

I currently spend _____ hours a day watching TV, playing video games, or social media. *How can I spend this time to improve my life? What can I do instead of this to learn and grow?*

Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story." -- Morgan Spurlock

Getting your mind right

List three life accomplishments that you are proud of.

1.

2.

3.

Describe your perfect life in one or two sentences.

Describe your purpose, your reason for waking up.

What signs of abundance are in your life today?

Three most important goals you will focus on this year.

1.

2.

3.

What do you currently do to maintain a positive attitude? (*listen to a song, read, meditate, exercise, etc.*)

What negative challenges do you see for the next year?

How will you turn the negatives into a positive experience?

"You're off to great places, today is your day. Your mountain is waiting, so get on your way." -- Dr. Seuss

"A goal without a plan is just a wish" -- Antoine de Saint-Exupery.

Date _____

MONTHLY PLANNING

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

“Whatever the mind can conceive and believe, it can achieve.”

-- Napoleon Hill.

For each of the areas below score yourself on how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H that I ate last week were...

The nutrients and health benefits I received from the FV&H were...

My favorite outdoor activity last week was...

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <p><u>SUNDAY</u></p> | <p><u>MONDAY</u></p> | <p><u>TUESDAY</u></p> |
|--|----------------------|----------------------|-----------------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Planning is bringing the future into the present so that you can do something about it now.” -- Alan Lakein

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
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"If you don't know where you are going, you'll end up someplace else." -- Yogi Berra

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” -- Marcel Proust.

DATE _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
- 3.

Three things I am grateful for today.

- 1.
- 2.
- 3.

7:00 Start your day hydrated with 8oz of water or herbal tea

7:30

8:00

8:30

9:00 Have you had some water or herbal tea today?

9:30

10:00

10:30

11:00 Time to think about hydration

11:30

12:00

What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

What life goals do I need to stay focused on? (Focus on your *Finale*)

What action will I take today to achieve my goals?

NOTES

| | |
|---|---|
| <p>List two signs of abundance in my life.</p> <p>1.</p> <p>2.</p> | <p>What negativity did I encounter today?</p> <p>How did, or can I avoid this tomorrow?</p> |
|---|---|

| | |
|--------------|---|
| 12:30 | Think about having an herbal iced tea for lunch |
| 1:00 | |
| 1:30 | |
| 2:00 | |
| 2:30 | Hydration improves focus... Time for some water |
| 3:00 | |
| 3:30 | |
| 4:00 | |
| 4:30 | Keeping hydrated all day improves your health |
| 5:00 | |
| 5:30 | |
| 6:00 | |

Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

**Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?**

I spent _____ time outdoors.

How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. (E-TIME)

How could I use this time more efficiently?

| | | | | | | | | | | | | | |
|---------------------|---|---------------------|--|------------------|------------------|-------------------|--|------------------|------------------|-----------------|------------------|------------------|------------------|
| NOTES | <p><u>Rate yourself 1-5 on your daily happiness goals.</u></p> <table style="width: 100%;"> <tr> <td>Natural food</td> <td>Hydration <i>(60 oz. is the goal)</i></td> </tr> <tr> <td>1 2 3 4 5</td> <td>1 2 3 4 5</td> </tr> <tr> <td>Positivity</td> <td>Outdoor time <i>(1-hour goal)</i></td> </tr> <tr> <td>1 2 3 4 5</td> <td>1 2 3 4 5</td> </tr> <tr> <td>Movement</td> <td>Gratitude</td> </tr> <tr> <td>1 2 3 4 5</td> <td>1 2 3 4 5</td> </tr> </table> | Natural food | Hydration <i>(60 oz. is the goal)</i> | 1 2 3 4 5 | 1 2 3 4 5 | Positivity | Outdoor time <i>(1-hour goal)</i> | 1 2 3 4 5 | 1 2 3 4 5 | Movement | Gratitude | 1 2 3 4 5 | 1 2 3 4 5 |
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| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |
| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

*“Setting a goal is not the main thing. It is deciding how you will go about achieving it,
and staying with that plan.” -- Tom Landry,*

Date _____

| |
|---|
| Inspirational message to myself. |
|---|

| |
|-----------------------------------|
| Top three goals for today. |
| 1. |
| 2. |
| 3. |

| |
|--|
| Three things I am grateful for today. |
| 1. |
| 2. |
| 3. |

| | |
|--------------|---|
| 7:00 | Start your day hydrated with 8oz of water or herbal tea |
| 7:30 | |
| 8:00 | |
| 8:30 | |
| 9:00 | Have you had some water or herbal tea today? |
| 9:30 | |
| 10:00 | |
| 10:30 | |
| 11:00 | Time to think about hydration |
| 11:30 | |
| 12:00 | |

| |
|---|
| What can I be excited about today? (my reason to wake up) |
| What could create negativity for me today? |
| How will I overcome negativity in my day? |
| How will I embrace nature today? (walk, bike ride, gardening etc.) |
| What fruit, vegetables, and herbs will I eat today? |

| |
|---|
| What life goals do I need to stay focused on? (Focus on your Finale) |
| What action will I take today to achieve my goals? |

| |
|--------------|
| NOTES |
|--------------|

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| <p>List two signs of abundance in my life.</p> <p>1.</p> <p>2.</p> | <p>What negativity did I encounter today?</p> <p>How did, or can I avoid this tomorrow?</p> |
|---|---|

| | |
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| 1:30 | |
| 2:00 | |
| 2:30 | Hydration improves focus... Time for some water |
| 3:00 | |
| 3:30 | |
| 4:00 | |
| 4:30 | Keeping hydrated all day improves your health |
| 5:00 | |
| 5:30 | |
| 6:00 | |

Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

**Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?**

I spent _____ time outdoors.

How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. (E-TIME)

How could I use this time more efficiently?

| | | | | | | | | | | | | | |
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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

"Instead of worrying about what you cannot control, shift your energy to what you can create."

-- Roy T. Bennett

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
- 3.

Three things I am grateful for today.

- 1.
- 2.
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What can I be excited about today? (my reason to wake up)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

| | |
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What action will I take today to achieve my goals?

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Today I learned... *(something new)*

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I spent _____ time outdoors.
How can I embrace nature more fully?

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

"Our bodies are our gardens - our wills are our gardeners." -- William Shakespeare

Date _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

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2.

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Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load and improve the function of all your tissues.” -- Kevin R. Stone

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“Sometimes life knocks you on your ass... get up, get up, get up!!! Happiness is not the absence of problems, it's the ability to deal with them.” -- Steve Maraboli

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“To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.”

-- Buddha

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"It is hard to fail, but it is worse never to have tried to succeed."

-- Theodore Roosevelt.

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Good fortune is what happens when opportunity meets with planning.” --Thomas Edison

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Before anything else, preparation is the key to success.” -- Alexander Graham Bell

“When you focus on gratitude, positive things flow in more readily, making you even more grateful.”

--Lissa Rankin

DATE _____

Inspirational message to myself.

Top three goals for today.

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2.

3.

Three things I am grateful for today.

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“One part at a time, one day at a time, we can accomplish any goal we set for ourselves.”

– Karen Casey

Date _____

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“Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don’t quit.” -- Conrad Hilton

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“When it comes to life the critical thing is whether you take things for granted or take them with gratitude.”

-- G.K. Chesterton

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"Success is the sum of small efforts, repeated day-in and day-out."

-- Robert Collier

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“Healthy does NOT mean starving yourself EVER. Healthy means eating the right food in the right amount.”

-- Karen Salmansohn

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“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need”.

-- Ayurvedic Proverb

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"The difference between average people and achieving people is their perception of and response to failure." -

- John C. Maxwell

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“By failing to prepare, you are preparing to fail.”

— Benjamin Franklin

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“When you do the things in the present that you can see, you are shaping the future that you are yet to see.” -- Idowu Koyenikan

"A vigorous five-mile walk will do better for an unhappy but otherwise healthy adult than all the medicine and psychology in the world."-- Paul Dudley White

DATE _____

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“Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable.” --Arthur Agatston

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

"To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom and keep our mind strong and clear. -- Buddha

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
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Three things I am grateful for today.

- 1.
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“Be mindful. Be grateful. Be positive. Be true. Be kind.”

-- Roy T. Bennett

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“Wanna lose 1200 Calories a month? Drink a liter of ice water a day. You burn the energy just raising the water to body temp.” -- Neil deGrasse Tyson

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"Happiness is not something ready-made. It comes from your own actions."

-- Dalai Lama XIV

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"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise." -- Mike Adams

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.

(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"It is hard to fail, but it is worse never to have tried to succeed."

-- Theodore Roosevelt.

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power." -- Brian Tracy

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Be kind to yourself when you have setbacks, focus on the good things you are doing and commit to a better day tomorrow.” -- Tamara Tilleman,

"No disease that can be treated by diet should be treated with any other means."

-- Maimonides

DATE _____

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3.

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"You are important enough to ask, and you are blessed enough to receive back."

-- Wayne Dwyer

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| 11:30 | |
| 12:00 | |

What life goals do I need to stay focused on? (Focus on your Finale)

What action will I take today to achieve my goals?

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Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

**Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?**

I spent _____ time outdoors.

How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. (E-TIME)

How could I use this time more efficiently?

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| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

“The danger comes when we look at a squandered day and conclude that no harm was done.

After all, it was just one day.” – Jim Rohn

Date _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

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What can I be excited about today? (my reason to wake up)

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

“Being grateful does not mean that everything is necessarily good.

It just means that you can accept it as a gift.” -- Roy T. Bennett

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
- 3.

Three things I am grateful for today.

- 1.
- 2.
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“The art of medicine consists of amusing the patient while nature cures the disease.”

-- Voltaire.

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“Always have a plan and believe in it. Nothing happens by accident.”

-- Chuck Knox

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"We don't just grow old. We become old when we stop growing."

-- Sue Ziang

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(*example: Replace Aspirin with White willow bark, or Elderberry for cold medicines*)

"When you stop chasing the wrong things, you give the right things a chance to catch you."

-- Lolly Daskal

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

"I ain't Martin Luther King. I don't need a dream. I have a plan." -- Spike Lee

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

"It's hard to beat someone that never gives up!" – Babe Ruth

Monthly Review

Congratulations! You just finished your first month of creating the *HAPPINESS EFFECT in your life*. By improving your health naturally, focusing on positivity, and gratitude you have become a happier, healthier you. You should feel immensely proud of yourself, even if you didn't meet all your goals this month. You completed four weeks of tracking your natural health, positive mindset, gratitude and embracing the outdoors. Even if you don't see any difference in your life today (I hope you do!), stick with it and you will. Remember it's ok to cheat on your diet occasionally, don't feel guilty for doing this. Your mental attitude is half of the equation for a better life. Throughout your day try to pay attention to how your body and mind react when you eat unhealthy food or stay in a negative mindset, you may learn that you don't enjoy junk food as much as you used to. This is part of the process of creating a sustained happiness effect in your life. Becoming mindful of how your food and thoughts affect your life, will begin making it easier for you to make the best choices for your life. You have completed a major milestone by completing the first four weeks of this journal. Keep up the good work.

Rate yourself in the following areas of your life. *There are no right answers, be honest with yourself. How are you feeling in each area? How positive are you? Is gratitude a focus in your life? Are you confident that you are outside more than one hour a day? Do you consume more than 50% natural foods? How much time do you spend on electronic devices, E-time [TV, computer, video games, social media], more than one hour a day? 60 ounces of water is the recommended daily goal, are you meeting this? How do you feel about your finances? Do you eat and medicate naturally, or is your diet filled with man-made foods?*

| | | |
|--|---|--|
| Happiness 1 2 3 4 5 | Abundance 1 2 3 4 5 | Gratitude 1 2 3 4 5 |
| Positive attitude 1 2 3 4 5 | Negativity in your life 1 2 3 4 5 | Finances 1 2 3 4 5 |
| Fruit 1 2 3 4 5 | Vegetables 1 2 3 4 5 | Herbs 1 2 3 4 5 |
| Hydration (60 oz water a day) 1 2 3 4 5 | Natural medicine use 1 2 3 4 5 | Prescription medication use 1 2 3 4 5 |
| Time spent outdoors. 1 2 3 4 5 | Exercise (gardening, walking, biking etc.) 1 2 3 4 5 | Learning everyday 1 2 3 4 5 |

Notes: *What worked last month, what can I change, what new thing can I try, what do I want to learn next month, what natural foods can I try?*

“Even the smallest shift in perspective can bring about the greatest healing.” -- Joshua Kai,

List three life events, items, or experiences that you are grateful for last month.

- 1.
- 2.
- 3.

5. How did abundance show up in my life last month?

How did money meet or exceed my needs last month?

I had money left over after paying bills. Y N If NO, then how much money do I need to pay all my bills, and have some money left for recreation, starting a business, etc.?

How can I increase my “*left-over*” money next month?

I overcame a health challenge by replacing _____ with natural alternative _____.

I was able to defeat a negative experience or emotion by taking _____ positive action.

I learned these three new things, or ideas last month.

- 1.
- 2.
- 3,

“Processed foods are made to be addictive which is why we can't stop craving them.”

-- Nancy Mure

You've completed a full month of healthy, happy living. You are *living with intention!* Now it's time to plan your next month to ensure that you keep progressing every day. Set attainable goals that you will achieve, baby steps forward every day will drastically improve your life! Keep up the good work!

Getting your body right

_____ % of my diet is from processed food?

_____ % of my medicine is over the counter or prescription drugs?

FAVORITE PROCESSED FOOD

| FOOD / BEVERAGE | SUGAR /HIGH FRUCTOSE CORN SYRUP | SODIUM / SALT | CHEMICAL PRESERVATIVES Yes / No |
|-----------------|------------------------------------|---------------|------------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Natural alternatives to your processed food.

| Fruit, Vegetable, Herb | Vitamins / Minerals | Health benefits |
|------------------------|---------------------|-----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

- I currently eat _____ cups of fruit, and _____ cups of vegetables every day.
- I currently drink on average _____ ounces of water or herbal tea every day.

I currently spend _____ hours a day outside.
How can I get outdoors more often? How can I enjoy nature more fully?

I currently spend _____ hours a day watching TV, playing video games, or social media. *How can I spend this time to improve my life? What can I do instead of this to learn and grow?*

List the benefits and side effects of the medications you are currently taking:

| MEDICATION | BENEFITS | SIDE EFFECTS |
|-------------------|-----------------|---------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Are there any natural remedies you could use to reduce or eliminate the synthetic drugs you currently use?

| DRUG TO REPLACE | NATURAL ALTERNATIVE | BENEFITS | SIDE EFFECTS |
|------------------------|----------------------------|-----------------|---------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

I will take _____ action to improve my health and happiness next month.

| What actions can I take this month to maintain a positive mindset? | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> |
|--|---------------|----------------|------------------|
| I will add what new fruit, vegetable, or herb this month? | | | |
| I will schedule time for learning. | | | |
| I will plan time to share my abundance. | | | |

“A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.”

— Brian Tracy

| <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|-----------------|---------------|-----------------|---------------|
| | | | |
| | | | |
| | | | |
| | | | |

*“Plans are only as good as the actions behind them.”
— Todd Stocker*

“Breath is the finest gift of nature. Be grateful for this wonderful gift.”

-- Amit Ray

DATE _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

1.

2.

3.

What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

7:00 Start your day hydrated with 8oz of water or herbal tea

7:30

8:00

8:30

9:00 Have you had some water or herbal tea today?

9:30

10:00

10:30

11:00 Time to think about hydration

11:30

12:00

What life goals do I need to stay focused on? (Focus on your *Finale*)

What action will I take today to achieve my goals?

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| 5:30 | |
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Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?

I spent _____ time outdoors.
How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.” -- Mike Adams

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
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Three things I am grateful for today.

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“Once you replace negative thoughts with positive ones, you’ll start having positive results.”

-- Willie Nelson

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"We should all be eating fruits and vegetables as if our lives depend on it - because they do."

-- Michael Greger

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“Walk in nature and feel the healing power of the trees.”

-- Anthony William

Date _____

Inspirational message to myself.

Top three goals for today.

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“We often forget that we are nature. Nature is not something separate from us. So, when we say that we have lost our connection to nature, we’ve lost our connection to ourselves.” -- Andy Goldsworthy

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“Always turn a negative situation into a positive situation.”

-- Michael Jordan

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| 5:00 | |
| 5:30 | |
| 6:00 | |

Today I learned... *(something new)*

What happened today that I am grateful for?

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Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?

I spent _____ time outdoors.
How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(*example: Replace Aspirin with White willow bark, or Elderberry for cold medicines*)

“Whatever you appreciate and give thanks for will increase in your life.”

— Sanaya Roman

| For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

| |
|--|
| My favorite FV&H I ate this week were? |
| The nutrients and health benefits I received from the FV&H were? |
| My favorite outdoor activity this week was? |
| How can I make my time outdoors more enjoyable next week? |

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Be positive. Your mind is more powerful than you think. What is down in the well comes up in the bucket. Fill yourself with positive things.” – Tony Dungy

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Choosing to be positive and having a grateful attitude is going to determine how you’re going to live your life.”—Joel Osteen.

"There are no incurable diseases — only the lack of will.

There are no worthless herbs — only the lack of knowledge." -- Avicenna

DATE _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

1.

2.

3.

What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

7:00 Start your day hydrated with 8oz of water or herbal tea

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9:00 Have you had some water or herbal tea today?

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What action will I take today to achieve my goals?

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How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. (E-TIME)

How could I use this time more efficiently?

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“You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens.”

-- Mandy Hale

Date _____

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"Be good to your body, and your body will be good to you."

-- JC Paulino

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"If you want to find happiness, find gratitude."

-- Steve Maraboli

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“No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you’d be more productive.” -- Dianne Hales

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"It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it." – Dale Carnegie.

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I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

-- Buddha

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
- 3.

Three things I am grateful for today.

- 1.
- 2.
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What can I be excited about today? (my reason to wake up)

What could create negativity for me today?

How will I overcome negativity in my day?

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.

(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

“Success is not final; failure is not fatal: it is the courage to continue that counts” -- Winston Churchill.

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Unless commitment is made, there are only promises and hopes; but no plans.” -- Peter F. Drucker

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them.” -- Michelle Obama

*"If you want to be happy, set a goal that commands your thoughts ,liberates your energy,
and inspires your hopes" -- Andrew Carnegie.*

DATE _____

Inspirational message to myself.

Top three goals for today.
1.
2.
3.

Three things I am grateful for today.
1.
2.
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What can I be excited about today? (my reason to wake up is?)

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"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

-- Ann Wigmore

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“Walk in nature and feel the healing power of trees.”

-- Anthony William

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“Happiness cannot be traveled to owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” -- Denis Waitley

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“What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficult, and every difficulty has an opportunity.” -- J. Sidlow Baxter

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

“All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.” -- Brian Tracy

Date _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
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Three things I am grateful for today.

- 1.
- 2.
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| 7:00 | Start your day hydrated with 8oz of water or herbal tea |
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“You may only succeed if you desire succeeding; you may only fail if you do not mind failing.”

-- Philippos

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(*example: Replace Aspirin with White willow bark, or Elderberry for cold medicines*)

"Who you are tomorrow begins with what you do today."

-- Tim Fargo

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Develop success from failures. Discouragement and failure are two of the surest steppingstones to success.” -- Dale Carnegie

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Success does not consist in never making mistakes but in never making the same one a second time.” – George Bernard Shaw

“The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing.” -- Hannah Whitall Smith

DATE _____

Inspirational message to myself.

Top three goals for today.
1.
2.
3.

Three things I am grateful for today.
1.
2.
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What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

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How can I embrace nature more fully?

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"We become what we think about most of the time, and that's the strangest secret."

-- Earl Nightingale

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"The scientific truth may be put quite briefly; eat moderately, having an ordinary mixed diet, and don't worry."

-- Robert Hutchison

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“The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together.” -- Kurdish Saying

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"You've got to get up every morning with determination if you're going to go to bed with satisfaction."

-- George Lorimer

Date _____

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| 9:30 | |
| 10:00 | |
| 10:30 | |
| 11:00 | Time to think about hydration |
| 11:30 | |
| 12:00 | |

What life goals do I need to stay focused on? (Focus on your Finale)

What action will I take today to achieve my goals?

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| 3:00 | |
| 3:30 | |
| 4:00 | |
| 4:30 | Keeping hydrated all day improves your health |
| 5:00 | |
| 5:30 | |
| 6:00 | |

Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?

I spent _____ time outdoors.
How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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“Never let the things you want make you forget the things you have.”

-- Sanchita Pandey,

Date _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

1.

2.

3.

What can I be excited about today? (my reason to wake up)

What could create negativity for me today?

How will I overcome negativity in my day?

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

“Eat food. Not too much. Mostly plants.”

-- Michael Pollan

Date _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

1.

2.

3.

What can I be excited about today? (my reason to wake up)

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| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |
| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"When you take risks, you learn that there will be times when you succeed, and there will be times when you fail, and both are equally important." -- Ellen DeGeneres

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <p><u>SUNDAY</u></p> | <p><u>MONDAY</u></p> | <p><u>TUESDAY</u></p> |
|--|----------------------|----------------------|-----------------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“The biggest goal can be achieved if you simply break it down into enough small parts.”

-- Henry Ford

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Discover a purpose that gives you passion. Develop a plan that makes you persistent. Design a preparation and motivates you to optimize your potentials. Do it because you love it!” -- Israelmore Ayivor

Second Monthly Review

Congratulations! You just finished your second full month of creating the *HAPPINESS EFFECT in your life*. By improving your health naturally, focusing on positivity, and gratitude you have become a happier, healthier you. You should feel immensely proud of yourself, even if you didn't meet all your goals this month. You completed eight weeks of tracking your natural health, positive mindset, gratitude and embracing the outdoors. Even if you don't see any difference in your life today (I hope you do!), don't give up and you will see results. Remember it's ok to cheat on your diet occasionally, don't feel guilty for doing this. Your mental attitude is half of the equation for a better life. Try to pay attention to how your body and mind react when you eat unhealthy food or stay in a negative mindset, you may learn that you don't enjoy junk food as much as you used to. This is part of the process of creating a sustained happiness effect in your life. Becoming mindful of how your food and thoughts affect your life, will begin making it easier for you to make the best choices for your life. You have completed a major milestone by completing the first eight weeks of this journal. Keep up the good work. Take some time to celebrate your success. CONGRATULATIONS!

Rate yourself in the following areas of your life. *There are no right answers, be honest with yourself. How are you feeling in each area? How positive are you? Is gratitude a focus in your life? Are you confident that you are outside more than one hour a day? Do you consume more than 50% natural foods? How much time do you spend on electronic devices, E-time [TV, computer, video games, social media], more than one hour a day? 60 ounces of water is the recommended daily goal, are you meeting this? How do you feel about your finances? Do you eat and medicate naturally, or is your diet filled with man-made foods?*

| | | |
|--|---|--|
| Happiness 1 2 3 4 5 | Abundance 1 2 3 4 5 | Gratitude 1 2 3 4 5 |
| Positive attitude 1 2 3 4 5 | Negativity in your life 1 2 3 4 5 | Finances 1 2 3 4 5 |
| Fruit 1 2 3 4 5 | Vegetables 1 2 3 4 5 | Herbs 1 2 3 4 5 |
| Hydration (60 oz water a day) 1 2 3 4 5 | Natural medicine use 1 2 3 4 5 | Prescription medication use 1 2 3 4 5 |
| Time spent outdoors. 1 2 3 4 5 | Exercise (gardening, walking, biking etc.) 1 2 3 4 5 | Learning everyday 1 2 3 4 5 |

Notes: *What worked last month, what can I change, what new thing can I try, what do I want to learn next month, what natural foods can I try?*

“Healthy eating is a way of life, so it’s important to establish routines that are simple, realistically, and ultimately livable.” -- Horace

You’ve completed a full month of healthy, happy living. You are *living with intention!* Now it’s time to plan your next month to ensure that you keep progressing every day. Set attainable goals that you will achieve, baby steps forward every day will drastically improve your life! Keep up the good work!

GETTING YOUR BODY RIGHT

_____ % of my diet is from processed food?

_____ % of my medicine is over the counter or prescription drugs?

FAVORITE PROCESSED FOOD

| FOOD / BEVERAGE | SUGAR /HIGH FRUCTUCE CORN SYRUP | SODIUM / SALT | CHEMICALL PRESERVATIVES Yes / No |
|-----------------|------------------------------------|---------------|-------------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Natural alternatives to your processed food.

| Fruit, Vegetable, Herb | Vitamins / minerals | Health benefits |
|------------------------|---------------------|-----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

“Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it.” -- Ann Wigmore

- I currently eat _____ cups of fruit, and _____ cups of vegetables every day.
- I currently drink on average _____ ounces of water or herbal tea every day.

I currently spend _____ hours a day outside.
How can I get outdoors more often? How can I enjoy nature more fully?

I currently spend _____ hours a day watching TV, playing video games, or social media. *How can I spend this time to improve my life? What can I do instead of this to learn and grow?*

List the benefits and side effects of the medications you are currently taking:

| MEDICATION | BENEFITS | SIDE EFFECTS |
|-------------------|-----------------|---------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Are there any natural remedies you could use to reduce or eliminate the synthetic drugs you currently use?

| DRUG TO REPLACE | NATURAL ALTERNATIVE | BENEFITS | SIDE EFFECTS |
|------------------------|----------------------------|-----------------|---------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

I will take _____ action to improve my health and happiness next month.

GETTING YOUR MIND RIGHT

List three life events, items, or experiences that you are grateful for last month.

- 1.
- 2.
- 3.

How did abundance show up in my life last month?

How did money meet or exceed my needs last month?

I had money left over after paying bills. Y N If NO, then how much money do I need to pay all my bills, and have some money left for recreation, starting a business, etc.?

How can I increase my "left-over" money next month?

I overcame a health challenge by replacing _____ with natural alternative _____.

I was able to defeat a negative experience or emotion by taking _____ positive action.

I learned these three new things, or ideas last month.

- 1.
- 2.
- 3,

"Live as if you were to die tomorrow. Learn as if you were to live forever." --

Mahatma Gandhi.

| What actions can I take this month to maintain a positive mindset? | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> |
|--|---------------|----------------|------------------|
| I will add what new fruit, vegetable, or herb this month? | | | |
| I will schedule time for learning. | | | |
| I will plan time to share my abundance. | | | |

“The way to get started is to quit talking and begin doing.”

— Walt Disney

| <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|-----------------|---------------|-----------------|---------------|
| | | | |
| | | | |
| | | | |
| | | | |

“Motivation is what gets you started. Habit is what keeps you going.”

—Jim Ryn

"Being thankful is not always experienced as a natural state of existence, we must work at it, akin to a type of strength training for the heart." -- Larissa Gomez

DATE _____

Inspirational message to myself.

Top three goals for today.

- 1.
- 2.
- 3.

Three things I am grateful for today.

- 1.
- 2.
- 3.

What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

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"Your body hears everything your mind says."

-- Naomi Judd

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| Movement | Gratitude | | | | | | | | | | | | |
| 1 2 3 4 5 | 1 2 3 4 5 | | | | | | | | | | | | |

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” – Henry Ford

Date _____

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“When you learn, teach. When you get, give.”

-- Maya Angelou

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Water is life's mater and matrix, mother and medium. There is no life without water." --

Albert Szent-Gyorgyi

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“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.” -- Roy T. Bennett

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"Nobody can be in good health if he does not have all the time fresh air, sunshine and good water."

-- Flying Hawk

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(*example: Replace Aspirin with White willow bark, or Elderberry for cold medicines*)

*"You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals." --
Booker T. Washington*

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“To accomplish great things, we must not only act, but also dream, not only plan, but also believe.” –

Anatole France

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

“Success is the sum of small efforts, repeated day-in and day-out.” -- Robert Collier

“Train yourself never to put off the word or action for the expression of gratitude.”

--Albert Schweitzer

DATE _____

Inspirational message to myself.

Top three goals for today.

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"I've got nothing to do today but smile."

-- Simon and Garfunkel

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**Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?**

I spent _____ time outdoors.

How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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“Walking is the best possible exercise. Habituate yourself to walk very far.”

-- Thomas Jefferson

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2.

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“Doctors won’t make you healthy. Nutritionists won’t make you slim. Teachers won’t make you smart. Gurus won’t make you calm. Mentors won’t make you rich. Trainers won’t make you fit. Ultimately, you must take responsibility. Save yourself.” -- Naval Ravikant

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“The more you feed your mind with positive thoughts, the more you can attract great things into your life.”

-- Roy T. Bennett

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“Life is an open book test. Learning how to learn is your most valuable skill in the world.”

-- Marc Cuban

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"If it came from a plant, eat it; if it was made in a plant, don't."

-- Michael Pollan

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.

(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"When you are grateful, fear disappears, and abundance appears." -- Anthony Robbins

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Take your victories, whatever they may be, cherish them, use them, but don't settle for them.”—

Mia Hamm

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

*"If you want to live a happy life, tie it to a goal, not to people or things."
-- Albert Einstein*

"If you're reading this... Congratulations, you're alive. If that's not something to smile about, then I don't know what is." -- Chad Sugg

DATE _____

Inspirational message to myself.

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“You don’t learn to walk by following rules. You learn by doing, and by falling over.”

-- Richard Branson

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I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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“Our primary health care should begin on the farm and in our hearts, and not in some laboratory of the biotech and pharmaceutical companies.” -- Gary Hopkins

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“Keep my words positive. Words become my behaviors. Keep my behaviors positive. Behaviors become my habits. Keep my habits positive. Habits become my values. Keep my values positive. Values become my destiny.” -- Mahatma Gandhi

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"Children are happy because they don't have a file in their minds called "All the Things That Could Go Wrong."

-- Marianne Williamson

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“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.”– Frederick Keonig

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“What you do makes a difference, and you have to decide what kind of difference you want to make.”

-- Jane Goodall

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (*natural food*) instead of _____ (*processed food*)

I ate _____ (*FV&H*) instead of _____ (*sugar snack*)

I had _____ hours of *E-Time* (*tv, pc, games etc.*)

What activities could I do next week to reduce this time? (*exercise, gardening, meditating*)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(*example: Replace Aspirin with White willow bark, or Elderberry for cold medicines*)

"When I wake up in the morning, I like to express my gratitude for being on the planet. That gratefulness makes me very present." -- Trudie Styler

For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week

| | | |
|---|--------------------------------------|--------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

My favorite FV&H I ate this week were?

The nutrients and health benefits I received from the FV&H were?

My favorite outdoor activity this week was?

How can I make my time outdoors more enjoyable next week?

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | | | |
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

"If you don't have a plan, you become part of somebody else's plan." -- Terence McKenna

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
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“When confronted with a challenge, the committed heart will search for a solution. The undecided heart searches for an escape.” -- Andy Andrews

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

-- Eckhart Tolle

DATE _____

Inspirational message to myself.

Top three goals for today.

1.

2.

3.

Three things I am grateful for today.

1.

2.

3.

7:00 Start your day hydrated with 8oz of water or herbal tea

7:30

8:00

8:30

9:00 Have you had some water or herbal tea today?

9:30

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11:00 Time to think about hydration

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12:00

What can I be excited about today? (my reason to wake up is?)

What could create negativity for me today?

How will I overcome negativity in my day?

How will I embrace nature today? (walk, bike ride, gardening etc.)

What fruit, vegetables, and herbs will I eat today?

What life goals do I need to stay focused on? (Focus on your Finale)

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Today I learned... *(something new)*

What happened today that I am grateful for?

What processed foods and sugar did I eat that I could replace with a natural alternative?

Did I eat 2 cups of fruit and 3 cups of vegies?
If not, how can I improve tomorrow?

I spent _____ time outdoors.
How can I embrace nature more fully?

I watched tv, movies, played games or social media browsing _____ hours today. *(E-TIME)*

How could I use this time more efficiently?

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"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."

-- Anatole France

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“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”

-- Mary Lou Retton

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"This a wonderful day. I've never seen this one before."

-- Maya Angelou

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“Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes.” -- Roy T. Bennet

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"Sometimes we focus so much on what we don't have that we fail to see, appreciate, and use what we do have!" -- Jeff Dixon

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"I have chosen to be happy because it is good for my health."

-- Voltaire

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Weekly Success

HAPPY MIND

The best three things that happened this week are.

- 1.
- 2.
- 3.

How did abundance show up in my life this week?

What was the best new thing I learned this week?

What was my biggest source of negativity this week?

How can I overcome the negative with a positive in the future?

HAPPY BODY

I drank herbal tea this week. Y N -- Did I drink at least 60 oz of water or tea daily? Y N
If not, how can I improve my hydration next week?

I ate fruit, vegetables, and herbs (FV&H) every day. Y N

I ate _____ (natural food) instead of _____ (processed food)

I ate _____ (FV&H) instead of _____ (sugar snack)

I had _____ hours of *E-Time* (tv, pc, games etc.)

What activities could I do next week to reduce this time? (exercise, gardening, meditating)

I can reduce synthetic drugs by replacing _____ with _____ natural alternative.
(example: Replace Aspirin with White willow bark, or Elderberry for cold medicines)

"Thankfulness creates gratitude which generates contentment that causes peace."

-- Todd Stocker

| For each of the areas below score yourself on a scale of 1 -5 how you feel that you performed this week | | |
|---|--------------------------------------|---------------------------------------|
| Ate Fruit 1 2 3 4 5 | Ate Vegetables 1 2 3 4 5 | 60 oz Water or tea daily 1 2 3 4 5 |
| Ate Herbs 1 2 3 4 5 | Reduce processed foods. 1 2 3 4 5 | Reduce synthetic drugs. 1 2 3 4 5 |
| Reduce electronics (<i>E-time</i>) time. 1 2 3 4 5 | Gratitude 1 2 3 4 5 | Positive experiences 1 2 3 4 5 |
| Time outdoors 1 2 3 4 5 | Learning/growing 1 2 3 4 5 | Exercise 1 2 3 4 5 |

| |
|--|
| My favorite FV&H I ate this week were? |
| The nutrients and health benefits I received from the FV&H were? |
| My favorite outdoor activity this week was? |
| How can I make my time outdoors more enjoyable next week? |

Notes: *What worked last week, what can I change, what new thing can I try, what do I want to learn, what natural foods can I try?*

| <p>Schedule time for learning. (read a book, online research, talk to a mentor)</p> <p>What / or how will I learn something new this week?</p> | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> |
|--|---------------|---------------|----------------|
| <p>What can I do today to ensure that I have a positive day?</p> | | | |
| <p>What can I do today to embrace nature? (garden, walk outside, bike ride)</p> | | | |
| <p>What natural food can I eat today? Fruit, vegetables, and herbs (FV&H) These are key for your body and mind health.</p> | | | |
| <p>What will I do on this day to reduce the amount of time I spend watching tv, playing video games, or social media? (exercise, read, garden)</p> | | | |

“Winners learn from the past and enjoy working in the present toward the future.”

-- Denis Waitley

| <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|------------------|-----------------|---------------|-----------------|
| | | | |
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“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.” -- *Herman Cain*

Final Monthly Review

Congratulations! You just finished your third month of creating the *HAPPINESS EFFECT in your life*. By improving your health naturally, focusing on positivity and gratitude you have become a happier, healthier you. You should feel immensely proud of yourself, even if you didn't meet all your goals this month. You completed twelve weeks of tracking your natural health, positive mindset, gratitude, and embracing the outdoors. You should be feeling happier, healthier, and more grateful. I hope this journal has helped open your eyes to the abundance all around you. CONGRATULATIONS!!

Remember it's ok to cheat on your diet occasionally, don't feel guilty for doing this. Your mental attitude is half of the equation for a better life. You have completed a major milestone by completing twelve weeks of this journal. Keep up the good work and continue taking your life to better places. Take some time to celebrate your success.

Rate yourself in the following areas of your life. *There are no right answers, be honest with yourself. How are you feeling in each area? How positive are you? Is gratitude a focus in your life? Are you confident that you are outside more than one hour a day? Do you consume more than 50% natural foods? How much time do you spend on electronic devices, E-time [TV, computer, video games, social media], more than one hour a day? 60 ounces of water is the recommended daily goal, are you meeting this? How do you feel about your finances? Do you eat and medicate naturally, or is your diet filled with man-made foods?*

| Happiness | Abundance | Gratitude |
|-------------------------------|--|-----------------------------|
| 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Positive attitude | Negativity in your life | Finances |
| 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Fruit | Vegetables | Herbs |
| 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Hydration (60 oz water a day) | Natural medicine use | Prescription medication use |
| 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Time spent outdoors. | Exercise (gardening, walking, biking etc.) | Learning everyday |
| 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |

Notes: *What worked last month, what can I change, what new thing can I try, what do I want to learn next month, what natural foods can I try?*

"When it comes to life the critical thing is whether you take things for granted or take them with gratitude." -- Gilbert K. Chesterton

List three life events, items, or experiences that you are grateful for last month.

- 1.
- 2.
- 3.

5. How did abundance show up in my life last month?

How did money meet or exceed my needs last month?

I had money left over after paying bills. Y N If NO, then how much money do I need to pay all my bills, and have some money left for recreation, starting a business, etc.?

How can I increase my "left-over" money next month?

I overcame a health challenge by replacing _____ with natural alternative _____.

I was able to defeat a negative experience or emotion by taking _____ positive action.

I learned these three new things, or ideas last month.

- 1.
- 2.
- 3,

"Eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible!" -- Dr. Edward Group III

You've completed your third and final full month of healthy, happy living. You are living with intention and seeing results every day. Take a final look at your current food and medicine and compare it to when you started this journey. My hope is that you have become healthier simply by embracing natural foods and medicine, becoming more positive, and feeling grateful for your life. Congratulations for making you better!

Getting your body right

_____ % of my diet is from processed food?

_____ % of my medicine is over the counter or prescription drugs?

FAVORITE PROCESSED FOOD

| FOOD / BEVERAGE | SUGAR /HIGH FRUCTOSE CORN SYRUP | SODIUM / SALT | CHEMICAL PRESERVATIVES Yes / No |
|-----------------|------------------------------------|---------------|------------------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Natural alternatives to your processed food.

| Fruit, Vegetable, Herb | Vitamins / Minerals | Health benefits |
|------------------------|---------------------|-----------------|
| | | |
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| | | |
| | | |

“Research has shown that even small amounts of processed food alter the chemical balance in our brain and cause negative mood swings along with noticeable dips in energy.”-- Marilu Henner

- I currently eat _____ cups of fruit, and _____ cups of vegetables every day.
- I currently drink on average _____ ounces of water or herbal tea every day.

I currently spend _____ hours a day outside.
How can I get outdoors more often? How can I enjoy nature more fully?

I currently spend _____ hours a day watching TV, playing video games, or social media. *How can I spend this time to improve my life? What can I do instead of this to learn and grow?*

List the benefits and side effects of the medications you are currently taking:

| MEDICATION | BENEFITS | SIDE EFFECTS |
|-------------------|-----------------|---------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Are there any natural remedies you could use to reduce or eliminate the synthetic drugs you currently use?

| DRUG TO REPLACE | NATURAL ALTERNATIVE | BENEFITS | SIDE EFFECTS |
|------------------------|----------------------------|-----------------|---------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Here are a few of my favorite quotes from social media posts.

- You can do it if you want to! Simply commit and don't let the negative energy flow impact your goal! Know what you want to accomplish in life, then go finish what you started. (wish I were told that 40 years ago ha-ha) you can do it!!
- To be happy, set a goal and then *let go*. Begin taking daily steps to meet the goal without worry or fear. Simply enjoy the journey.
- That's why this lifestyle is so cool. You are in total control. You are the boss of your life, and by embracing nature and maintaining a positive attitude, and being grateful, you can have the perfect life.
- Our brain has the power to heal. When you combine knowledge with natural food and medicine, you are unstoppable.
- How can you feel better? Healthier? Happier? Embrace nature, positivity, and gratitude.
- Things change-- feel it-- accept it-- prepare for it - - embrace it—
- Life should be playtime with a purpose.
- That simple shift from being Grateful for having enough, to being Grateful for having MORE than enough will begin to change your life to a life of abundance.
- Your body must be right, before your mind can be right, before your life can be right.
- At some point in life, you must choose between dying a slow painful death over many years eating industrial food. or living a long healthy life eating naturally grown and prepared foods.
- Change is good. When your car gets stuck in a rut... You work until you get it out. Life is no different. In a rut... Get out!!
- Your mind is the most powerful tool you must live a healthy life.
- Positive thoughts create positive outcomes. Negative thoughts create negative outcomes.
- Everything always works out in the end.
- God is the all-encompassing substance that binds the universe together.
- Money is only a tool for making things happen.
- You don't need money to make things happen. Only your thoughts can make things happen. Everything else is just a tool.

The following blank pages may be used as a vision board; paste some pictures, draw a dream, or describe your ideal life. You could also write down new natural food recipes, or your research on using plants instead of pills for your health. Refer to these pages when you need to get back on track.

