

HERE'S HOW OTHERS MANAGE MEAL PLANNING:

- o I plan at least five meals for the week and make a grocery list that includes things I need for those meals. It helps me shop faster and also know what we will be having to eat.
- o I like to prepare raw vegetables ahead of time and put into storage containers in the fridge. It makes meal preparation easier if I'm in a hurry.
- o I use an app to keep track of my favorite recipes online and to find inspiration.
- o I have a few quick and easy meals that I can make with minimal ingredients in case we don't have much food in the house.
- o If I have a dinner or lunch outing with friends, I like to look at the menu online ahead of time to make it easier for a healthy meal choice. Then I can spend more time catching up instead of perusing a menu.

GOAL SETTING

HOW DO YOU INTEND ON MEAL PLANNING THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



HERE'S HOW OTHERS MANAGE HEALTHY SNACKING:

- o If I'm feeling hungry between meals, I'll have a cup of tea or water and wait to see if I was just thirsty instead of hungry.
- o I like to go for a short walk when I hit the afternoon slump instead of a sugary snack.
- o I think of snacks as a way to get even more good nutrients, so I try to reach for things like baby carrots or a piece of fruit to meet my goal for the day.
- o I keep small reusable containers of snacks in my pantry and grab if I am heading out of the house. That way I know I have a good option if I get hungry while I'm out.

GOAL SETTING

HOW DO YOU PLAN TO INCORPORATE OR CHOOSE HEALTHY SNACKS THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE STRESS:

- o I set aside a couple of minutes every morning to write three things I am grateful for in my gratitude journal. It helps to start the day in a positive way and gives me something to remember if I get stressed out later.
- o I downloaded an app that does meditations. It helps to calm me down and feel more centered.
- o I like to go for a walk with my dog every day. Even if it's bad weather. Being out in nature and getting my blood pumping makes me feel great.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMIZE STRESS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

InnerCalm is formulated with a blend of adaptogen ashwagandha, along with saffron and L-theanine, to help temporarily reduce feelings of stress and support a more "meditative" state of mind.

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE CRAVINGS:

- o I tend to crave junk food when I'm stressed out. I use stress management techniques to help calm myself down.
- o I keep foods that I tend to crave out of the house. For me, it's ice cream. If I even have ice cream in the freezer, I crave it all the time.
- o I make a point to eat mindfully so that I know I'm filling myself on good foods. That has cut down on my cravings.
- o I change my setting when I feel a craving hit. If I'm watching TV, I'll get up and go do a small task to get my mind off of it. Usually when I go back, the craving has passed.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMIZE CRAVINGS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

Herbal teas are a great way to hydrate and enjoy the flavor of tea without the caffeine.

HERE'S WHAT OTHERS SAY ABOUT HOW THEY GET MOVING:

- o I don't like working out, so I make a point to move throughout the day. I turn on music and dance while doing chores around the house or do squats while I'm brushing my teeth.
- o I love to try new fitness classes in my town. There are lots of great options, and it helps me choose ones I like the most.
- o I rely on my friends to keep me motivated. We have a group text and get together often to go for hikes or check out a yoga class together.
- o I keep my sneakers and socks by the front door so it's easy to get outside and go for a jog or walk.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO GET MOVING MORE?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

The energy we need for life, as well as for exercise, comes from what we eat and drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids. The Arbonne TrueSport collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can improve performance, enhance results, increase endurance, and build confidence in the body's natural abilities.

Start with Workout Fuel, then quench thirst with Hydration, and support a healthy recovery with Muscle Recovery post-activity. The products do not contain ingredients typically found in competitive

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY GET ENOUGH QUALITY SLEEP:

- o I have a little pre-bed ritual I started. I dim the lights half an hour before I want to sleep and turn on soft music.
- o I love a good warm herbal tea before bed. It helps me unwind and relax.
- o We turn off electronics an hour before bedtime. That way there are no distractions as we get ready.
- o I have a machine that makes white noise. It helps cancel out the sound of cars passing, which easily wakes me up during the night.

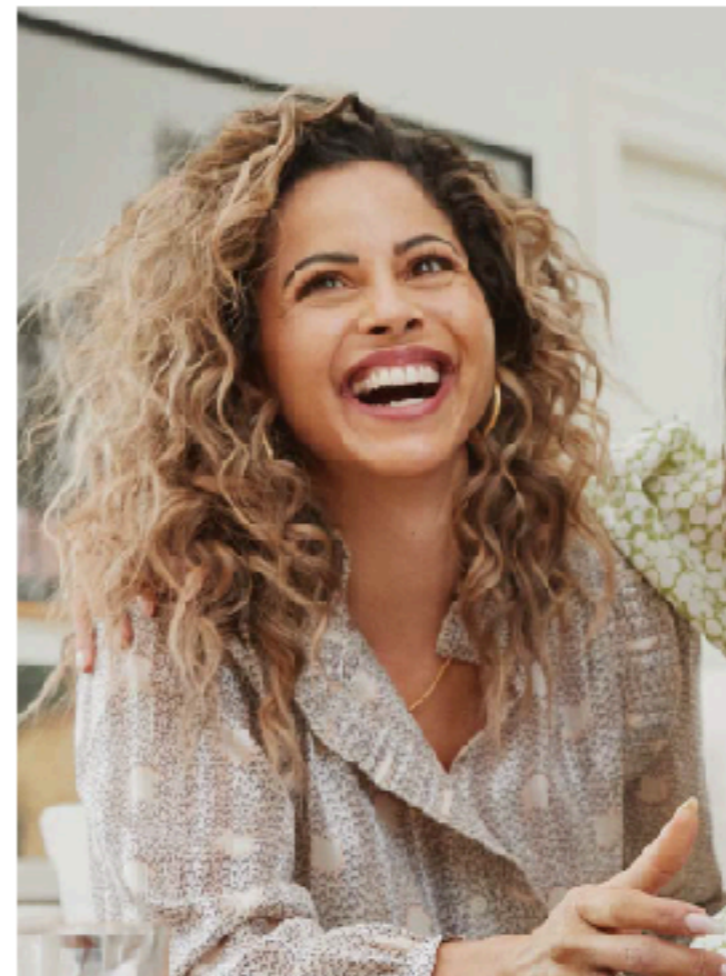
GOAL SETTING

HOW CAN YOU IMPROVE YOUR SLEEP QUALITY OR TIME THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

SleepWell Vegan Melatonin Spray contains a blend of soothing chamomile, hops, valerian, passionflower, and melatonin to promote a more restful sleep without next-day drowsiness.