

PLANNING “YOU” TIME

What to book in daily	What to book in weekly or fortnightly
<ol style="list-style-type: none"> 1. Time to plan your day. 2. Sleep 8 hours. 3. Mindfulness practice 5 to 20 minutes. 4. Exercise 30 plus minutes a day or as advised by your healthcare practitioner. 5. Eating for You course 15 minutes a day. 6. Time to practice mindful eating. 7. Daily reflection time. 	<ol style="list-style-type: none"> 1. Time to plan your week or fortnight. 2. Weekly meal plan. 3. Shopping. 4. Batch cooking. 5. Health e.g. massage, aromatherapy bath, GP visit. 6. Catch up time with friends and family. 7. Special interest.

Example daily plans and guidelines

- ✓ A morning mindfulness practice sets a calm and clear mind for the day. **On waking our minds are clearest and most able to focus.** It is best to complete the practice no later than mid afternoon. That is not to say that you cannot practice in the evening if you are not too tired or sleepy.
- ✓ It is best if you **can exercise outdoors during daylight hours as this helps set your melatonin levels** to aide sleep. Exercising after 7pm may make it more difficult to go to sleep.
- ✓ A **mindful eating practice can be done anytime you have the desire to eat, or eat!** Choose at least one time each day.

MORNING	Mindfulness Practice	Exercise	Plan your day	Plan your day
	Plan your day	Mindfulness Practice	Eating for You Course	Mindful Eating Practice
	Exercise	Plan your day		
LATE MORNING TO MID AFTERNOON		Mindful Eating Practice	Mindfulness Practice	Mindfulness Practice
AFTERNOON	Eating for You Course		Exercise	Exercise
EVENING	Mindful Eating Practice	Eating for You Course	Mindful Eating Practice	Eating for You Course
	Daily reflection time	Daily reflection time	Daily reflection time	Daily reflection time

Note: It is a good idea to use a similar planning method for your weekly and fortnightly “you” commitments too. Of course there is nothing stopping you from having a daily aromatherapy bath if you book it in!

Plan Your Day	Daily Reflection Time
<ol style="list-style-type: none"> 1. Check in with your mood and energy level. 2. Set your intention for the day. 3. Imagine that you have already achieved your intention and notice how it feels. 4. Imagine that you have already changed your eating habits and notice how it feels – visualise yourself eating mindfully and feeling well. 5. Check your realistic task list for the day and imagine that you have already completed them. How does that feel? 	<ol style="list-style-type: none"> 1. What are you grateful for today? 2. What did you learn today? 3. What might you do differently tomorrow? 4. What are you most proud of today? 5. What was your best mindful eating experience today? 6. Complete and/ or review your Eating for You project and course activities and workbooks. 7. Complete and review your Eating for You mindful eating journals.