

"YOU" TIME JOURNAL

Compassionately connect with your habits,
so you can make mindful choices.



Sallyanne Pisk

Welcome to the "you" time journal.

This is your space to plan and reflect on the internal and external events of your day.

Internal events include your thoughts, feelings and beliefs - Your "self talk". They are also your intentions and goals.

The external events are how you spent your physical time during your day. And how expected and unexpected events impact on you. These are naturally related to your internal state of mind too.

The ideal way to start your day is to check in with your mood and energy level. Based on this, set your intention, e.g. to conserve energy, to be joyful or to observe your food choices. Then choose your self care activities to help you achieve your intention.

PLANNING YOUR DAY

- Time in the morning to plan your day (5 to 10 minutes)
- Sleep 8 hours (on average)
- Mindfulness practice (5 to 20+ minutes)
- Exercise 30+ minutes (can be in 10 or 15 minute blocks)
- Eating for You Course (15 minutes)
- Time to practice mindful eating (5+ minutes)
- Daily reflection time (5 to 10 minutes)

PLANNING YOUR WEEK

- Time to plan your week or fortnight
- Weekly meal plan
- Shopping list based on meal plan and non-perishable foods
- Batch cooking
- Health appointments
- Catch up time with family and friends
- Time for your special interest or hobby

SUGGESTIONS

- Mornings are ideal for a mindfulness meditation practice, as they set a calm and clear mind for the day.
- Exercise is best outdoors (weather depending) and before 7pm, as this aids sleep.
- Mindful eating can be done any time!

Enjoy the time to invest in your health and wellbeing.

Remember, always be kind to yourself,

Sallyanne xxx



Other Tips

- **Book times in your diary** or calendar for your self-care activities, including your journaling and course project work.
- **Revisit the time audit activity** if you find that you are unable to set aside time for you.
- If you would like assistance with your journal, **record your question** for the catch up call, or post the question in the Eating for You Members Mindfulness Cafe Facebook Group.
- Use **the Facebook Group** for inspiration. Everyone in the group is on a similar journey. Ask questions, share your observations and wins x

Disclaimer: The information in this workbook is for educational purposes only. Always consult your healthcare practitioner for personalised dietary and health advice. This information is not a substitute for the professional advice of your healthcare practitioner.





MORNING REFLECTION

How is my mood and energy level today?

My intention for today is:

My one up to three self care activities to meet my intention today are:

My top three priorities on my to-do-list for today are:



EVENING REFLECTION

Today I am grateful for:

My best mindful eating experience was:

Today I am proud of:

Tomorrow I will do _____ differently:



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JOURNAL REFLECTIONS

MY BIGGEST LEARNING ABOUT MYSELF

MY BIGGEST BREAKTHROUGH WITH MY EATING

MY ONE THING THAT I AM GOING TO DO

You have been focussing closely on self-care. What is one thing you are going to do to nourish yourself? This may or may not be food related. If you have any questions, please ask them in our Facebook Group or catch up calls.



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