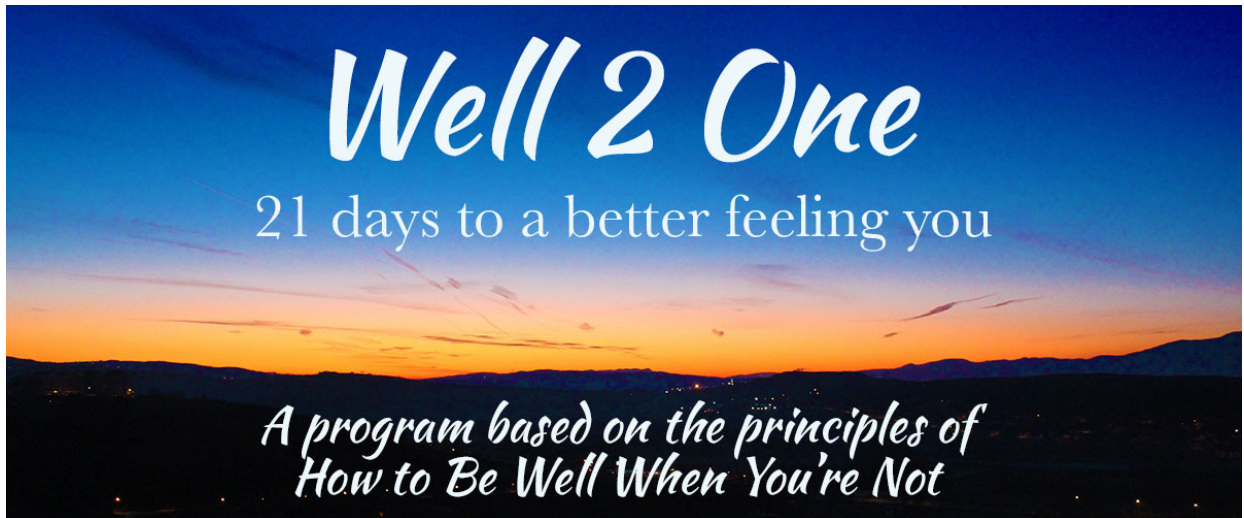


# Well 2 One Prep Guide



Hey there! Congratulations on prioritizing your wellness and committing to help yourself feel better. This PDF contains everything you need to ready yourself for 21 days of wellness-oriented practices that will help shift your health and wellbeing closer to where you want them. I am so excited that you made the decision to let me help you thrive!! I promise to give you all the information I think you could possibly need to make your investment the triumph we both want it to be.



Success  
 Failure

[This Photo](#) by Unknown

## **Failure: Not In My Back Yard!**

Before we begin, I have to tell you something you probably don't hear often in life: there's no failure here. This isn't a challenge where one person can come out in first place. It's not a detox where you're gonna to have a weeklong migraine because I told you to stop drinking coffee. (#realtalk I promise to never do that to you!) It's not a cleanse where you have to worry that your food/drink/behavior isn't pure enough, or good enough, or Lululemon-green juice-yoga trendy enough. Rather, this program is based in a foundation of your success. Period. What does that mean? If you do it, that's amazing! You've succeeded. If you fall off somewhere in the middle and don't finish it, that's amazing too! You've still succeeded because you had great

intentions and you did whatever work you were able to do. Save the daily emails you'll be receiving, and get back to this when you feel more able to finish it. Whether you last one day or all 21, you succeeded, and I'm proud of you.

That said, the reason I chose a 21 day program is because it felt like the right combo of short enough to be viable, but long enough to be plausible in helping you create new habits. I want your wellness to be a habit so ingrained in you, there's no breaking it. So, I encourage you to shift priorities in whatever ways are needed to make it through all 21 days of the program, for the sake of feeling better long term once it's over; equally important, I encourage you in advance to forgive yourself if life gets in the way and the process doesn't go perfectly.



### **Wellness Journal**

My book asks you to use something I refer to as a wellness journal for assorted exercises. There will be written exercises in this program, just like there are in the book. If you have a wellness journal already, great! No work needed, you're all set. If you didn't make it that far yet, please obtain something before the program begins that you can use to write. You can purchase a journal especially for this purpose, you can use a word document

on your computer, or you can repurpose an old notebook. The only rule is that there needs to be some sort of binding so that everything you write is contained in one place. It's helpful to review where you were at in the past, and you can't do that if you are using random sheets of paper that are easily misplaced.

Note that there's absolutely nothing wrong with doing this digitally—I often write poetry in the notes section on my phone, and I write all my books and articles on the computer. A physical journal is the best choice if you have great penmanship (which personally, I very much do not) and the physical feeling of writing is comfortable, not painful. Do whatever feels best for you as long as you can easily keep it all in one place.



### **Timing**

I'll be sending you emails early in the day to ensure that you're able to do the tasks at any point that works for you. I encourage you to begin them as early as possible, because that increases your chances of doing them. I have a quasi-daily meditation practice, and any day that I opt out of taking the time for it early tends to be a day it doesn't happen. If possible, set a time that you know isn't a super busy one, and commit to do the work then. Whether or not you consider yourself a morning

person, you'll likely find that the sweet spot for personal work is shortly after waking, as your mind hasn't yet had the chance to be overtaken by the upcoming activities of the day.

Because we want to be developing habits, there are some days when an exercise will ideally be repeated throughout the day. Make the amount of times it's called for into a goal, and do what you can to meet it. If it doesn't work out, it's not the end of the world!



## Memory

Everyone forgets things sometimes. Do whatever you need to remind yourself about the daily work. That can be setting a reminder on your phone, a timer in your kitchen, or asking a loved one to check in with you about it on a regular basis.



## Accountability

From gym buddies to group projects, it's helpful to have someone going through a similar commitment who helps keep you accountable (and for whom you do the same). Often referred to as an "accountabilibuddy," sharing a commitment with another person can make you more likely to stick with it.

If you know someone else doing this program, consider committing to being in touch with one another regularly throughout it. Whether or not you share about the work you do is up to you; I encourage you to share about it if it feels good, and to keep it private if it doesn't. If you don't know anyone else doing it, consider asking a loved one to hold you accountable on a daily or weekly basis. This improves your chances of making it through. If you don't have anyone you feel comfortable enough with for that task, you could set a reminder on your phone or computer about it.



## Goals

My goal for you isn't terribly specific: I want you to feel well, and I'm here to help facilitate that happening. Your goals for you, however, are probably a lot more particular! Your first assignment is to detail your goals in your wellness journal. You can have one or 100, but I encourage you to not make them so lofty that you're likely to end up disappointed in yourself if you can't accomplish them in 21 days.

Remember that the goal of this program is to get you started on a journey, and to assimilate the

steps involved into your daily life—the goal isn't to walk away in a few weeks feeling like a new human who will possibly never deal with a chronic condition again. With that in mind, put down on paper (or screen) what you wish to accomplish by the end of the three weeks. Some examples of viable goals include:

- Get in the habit of checking in with your body every morning, night, or both
- Grow comfortable with uplifting self-talk
- Pause before selecting food to tune into how your body has been responding to that food lately
- Prioritize physical movement so you do one small activity, such as stretching at least one body part, on a regular basis



Once you've done the above short exercise, you're ready! Any work you do from *How to Be Well When You're Not* between now and the 1<sup>st</sup> of the month is awesome, and the more you do, the better you'll feel. I look forward to being in touch daily with you!