

## Week 1: Reshaping You

### VIDEO OVERVIEW

Living your “best” life includes an essential focus on the holistic you; find balance for your physical, mental, and spiritual self.

The mind-body-spirit connection has been proven over and over. There is value in investing in *you*.

By reshaping your health habits and employing daily disciplines, you can rejuvenate your mental and spiritual health



Click here!

Not working? Copy/paste <https://youtu.be/jiuJjYRyLxI>

### ACTIONS

- 1. Journal your progress.** Take 5 mins each day to check in with your body and your daily actions. How do you feel? What is your body, mind, or heart asking for? After 10 days look back, do you notice any trends? What needs to shift
- 2. Get moving.** List three small physical activities you could easily incorporate into your life. Examples: Take the stairs; park on the far side of the parking lot and walk; stand at your desk; stretch while you watch TV at night.
- 3. Eat Clean.** Clean eating is the best recipe for your body. Detox once a quarter. Research what is out there, there are many options out there. The practice of detoxing has been a human practice for centuries. Pick a period of time that will give you the best chance of success.
- 4. Sit in silence.** Find 5-7 min a day to sit and empty your thoughts (prayer mediation works also). Then focus on positive thoughts and getting good ideas in your brain. It's ok if your mind wanders. It's ok if you find yourself having a hyperactive brain. Any amount of time is a start.
- 5. Start Over if you hiccup.** It is ok to start over, every day is a new day. Fresh beginnings are good. Don't give up keep going.

### INSPIRATION

"Our thoughts and our mind can limit us to what we believe, or they can free us up to develop abilities beyond our expectations and beyond the expectations of others. When we choose a mindset that exceeds our abilities rather than limits our abilities we will experience greater intellectual satisfaction, emotional control, and physical health."  
- Dr. Caroline Leaf

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# RC RESET YOU 2022

## Week One Goals

- Identify where you should focus your attention this week
- Clarify your personal ideas about health
- Choose and commit to one action this week (See page one or pick from the video!)

## 5 Min Exercise- **Deciding Where to Start**

**Step 1** Write down 3 things that you have recently invested time, energy, or money in for each area.

**Step 2** Do a quick check-in. Are these efforts making you feel the way you want to?

**Score them**  
3- Yes this practice is important in my life!  
2- Sometimes it helps, depending.  
1- Not really, I could stop and nothing would change.



Start this week by focusing on the area with the lowest score. If you have an area with a 0 don't worry, that's what Rebecca's resources are here to help with.

### Physical Health

- 1.
- 2.
- 3.



### Mental Health

- 1.
- 2.
- 3.

### Spiritual Health

- 1.
- 2.
- 3.

## 10 Min Exercise- **What does healthy mean to you?**

**Step 1** Open up a word document and write out your answers to the following questions

What does it mean for a body to be healthy?

What are the signs of a healthy person?

What changes will you feel in your body or life when you have accomplished your health goals?

**Step 2** Review the items you listed in the exercise above.

These are the practices you are investing in right now. Do they align with your thoughts on health?

## Rebecca's Resources

- *Think, Learn, Succeed* and *How to Deal with your Mental Mess* by Dr. Caroline Leaf <https://drleaf.com>
- *Nutrition with Judy* podcast with Judy Cho find at <https://www.rebeccacontreras.com/podcasts>
- *Purpose on Fire* Radio Show- *How to ReSet You* find at <https://www.rebeccacontreras.com/podcasts>