

Circle of Light

Better Habits Activity Pack

Journal Activities

Reflection is the key to progress



HOW TO JOURNAL

Find a place to sit, a place that makes you feel happy, safe, comfortable and open.

Perhaps use sounds, like an instrumental, or the sounds of the ocean to help you access your emotions.

Sit for a moment with your eyes closed, and connect to what is within both emotionally and physically (hand on your heart, in prayer, hands on your stomach up to you).

Then go for it, there are no rules, you can write what you believe, or what you want to believe, you can draw it, or scribble. Perhaps you write the same sentiment over and over, or explore lots of ideas, as long as they are ALL POSITIVES.

You can do this as many times as you want a week, and use it to overcome something specific or to invite in new ideas about yourself

ENJOY, AND REMEMBER YOU ARE MAGNIFICENT



TODAY IS UP TO ME

What we tell ourselves, our brain believes, if we negatively forecast the future, our brain believes it is true, becomes fearful of it and ultimately manifests the negatively imagined scenario. So if we positively forecast the future, the same is true, our brain believes it and moves us towards that positive outcome. We create the day we want to have, and the future we want to create.

How am I going to face the day today?

How do I want to make other people feel today?
Who can I support today?
What action can I take to make this happen?
Can I deliver an act of kindness today?
What small thing can I achieve today?
What small thing can I show appreciation for?
How can I show my appreciation?



WOW, WHAT A DAY!

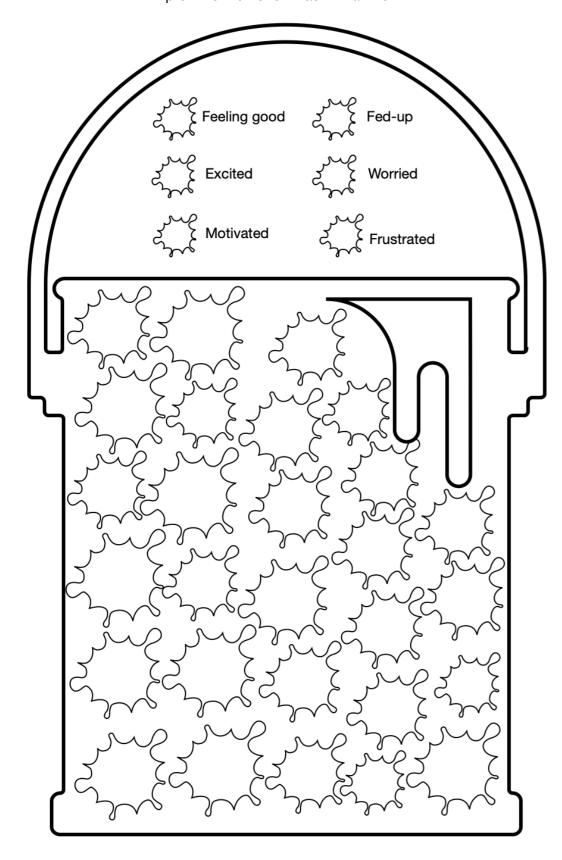
Cavemen were given a chemical reward when they hunted and gathered for themselves and took POSITIVE ACTION, when they POSITIVELY INTERACTED with their tribe, and when they planned and POSITIVELY THOUGHT about their circumstances and selves. This reward was SEROTONIN, which like caveman makes us happy, brave, coping, strong and pain free humans. We need a combo of all three positives in our day to day lives order to get a steady flow of serotonin and feel just as good!

Il three positives in our day to day lives order to get a steady flow of serotonin a feel just as good!
Positive interaction:
What made it positive?
Positive Action for myself:
Why did you take that action?
Positive Thoughts:
What inspired this thought?
What can I do differently tomorrow to move me in the right direction, towards my goals?



HAPPINESS TRACKER

Designate a colour to a feeling, and at the end or start of each day fill in one of the paint splats inside the bucket to represent how you are feeling. At the end of the month you can reflect on what the most prominent emotion was in that month.

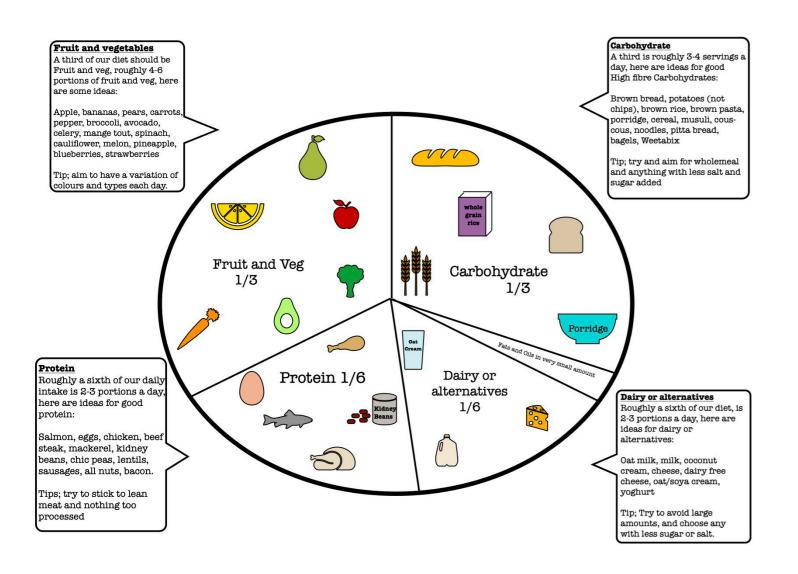


Nutritional Activities

The fuel to drive you forward



GET IN THE GOODNESS





GET IN THE GOODNESS

Track your nuritional intake in the graph below! Everytime you eat a food group, colour in one of the cute icons. At the end of each day you can see whether you are eating a balanced diet.

Days	Carbohydrates	Fruit and Veg	Protein	Dairy
Monday	8888	ÖÖÖÖÖ	000	
Tuesday		GGGGG	\bigcirc \bigcirc \bigcirc	
Wednesday		TTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTT	000	
Thursday		ÖÖĞĞĞ	\bigcirc \bigcirc \bigcirc	
Friday		TTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTT	000	
Saturday		GGGGG	\bigcirc \bigcirc \bigcirc	
Sunday		00000	\bigcirc \bigcirc \bigcirc	



KEEP HYDRATED AND FABULOUS

Here is a few cheeky reasons why being hydrated is pretty darn important. It regulates body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. Soooooo I guess you could say, its pretty vital.

Roughly 6-8 200ml cups = 1.2 Litres is advised daily, so track away by colouring in the cups/bottles when you've drank that amount.

Date:/	6-8 lovely cups of watery fluid (including water in tea and coffee and milk, but not heavily sugared drinks)	5×500 ml bottles of fluid a day (including water in tea and coffee and milk, but not heavily sugared drinks)
MONDAY		° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° ° °
TUESDAY	0000000	
WEDNESDAY	0000000	Û Û Û Û Û
THURSDAY	0000000	Û Û Û Û Û
FRIDAY	0000000	ÛÛÛÛÛ
SATURDAY	0000000	ÛÛÛÛÛ
SUNDAY	0000000	Û Û Û Û Û

Rest & Restore Activities

Prepare to be at your best



SLEEP PLANNING USEFUL TIPS

Environment

Where you sleep is important, and the bedroom and bed should be mainly places you associate with sleep. In particular watching TV, playing with phones or screens, or eating in bed can all affect the quality of our sleep. Temperature, noise levels and light all play a part in determining our sleep. If you find yourself experiencing poor sleep, try keeping a sleep diary to see if there are patterns which can help identify a problem.

Attitude

It's easiest to get to sleep when we are able to relax, and let go of concerns. We've all had a night where we lie awake and worry. In the time before we go to bed, we should try and wind down, be less stimulated, and relax. These days this can be harder than ever, but relaxation techniques, a warm bath, mindfulness practice can all help, or perhaps reading a book. If you find you can't get to sleep, it is always best to get up, perhaps make a warm milky/ none caffeinated drink, and then try again when you feel sleepier. It can be tempting to turn on the TV or phone screen but this may stimulate you and make it harder to nod off.

Lifestyle

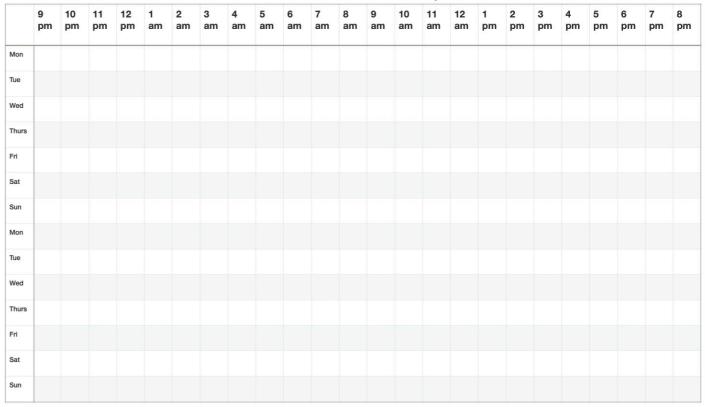
What you eat and drink can affect your sleep. Stimulants like caffeine can make it harder to sleep, and a heavy or sugary meal close to bedtime can make sleep uncomfortable. Alcohol might seem to help you get to sleep, but it reduces the quality of sleep later. Taking exercise during the day is also a good way to aid sleep, but exercise releases adrenaline so exercising during the evening may be less helpful.



SLEEP PLANNING USEFUL TIPS

Remember you wonderful people, 7-9 hours a night is the advised amount of sleep for an adult. Getting the right amount of sleep is vital to keep your body functioning and keep your beautiful brains happy and clear. Track your sleep by colouring in, or popping zzzz's in the square, or how ever you want to do it, at the end of a week of two weeks sleep, give yourself a reward/congratulate yourself for your commitment to something that is good for your all round health and happiness.cising during the evening may be less helpful.

SLEEP PLANNING useful tips





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