



Circle of Light

Better Habits Activity Pack

Activities by Molly-May Gardiner & Steph Archer



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!

Positive interaction:

What made it positive?

Positive Action for myself:

Why did you take that action?

Positive Thoughts:

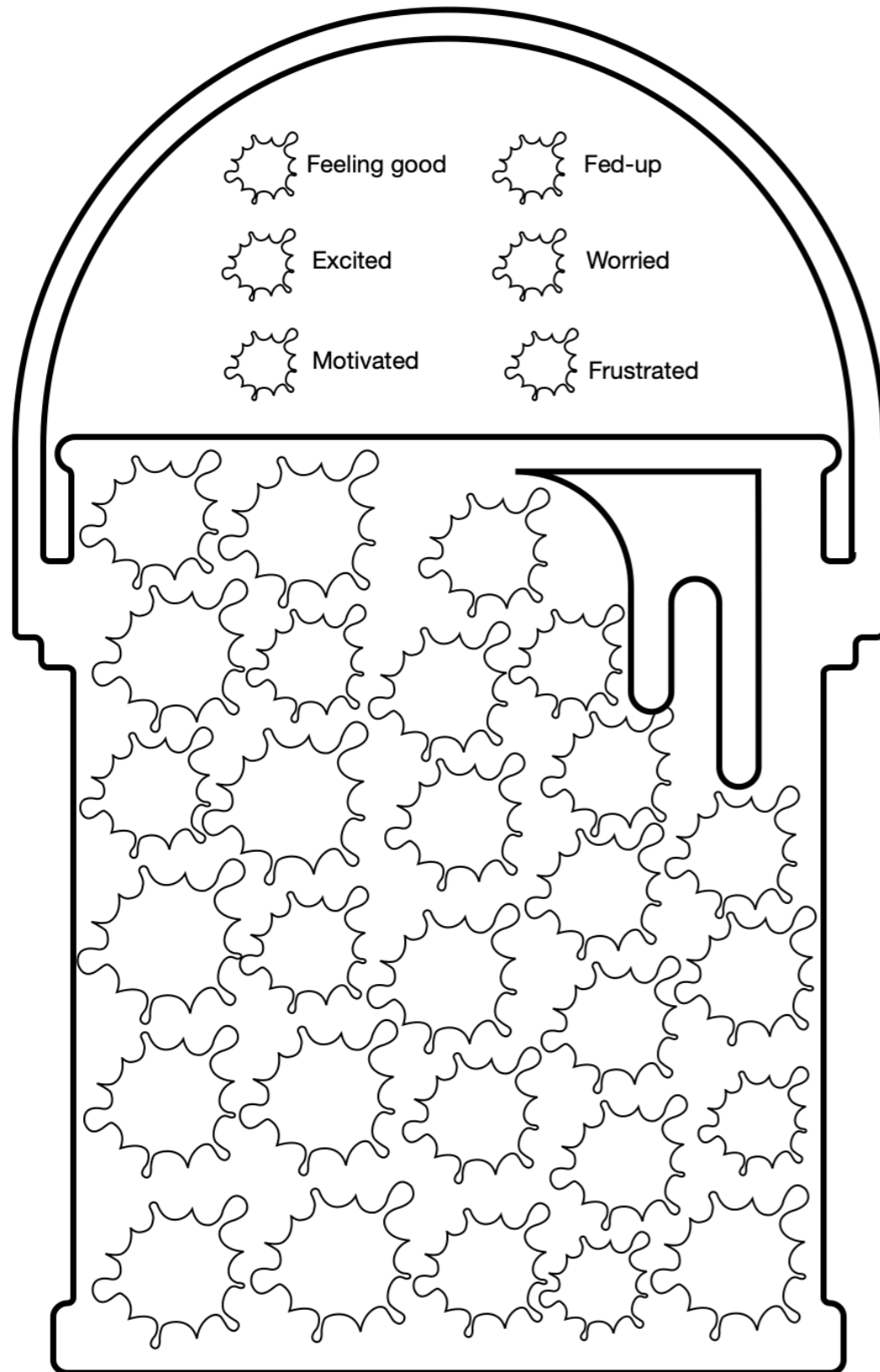
What inspired this thought?

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

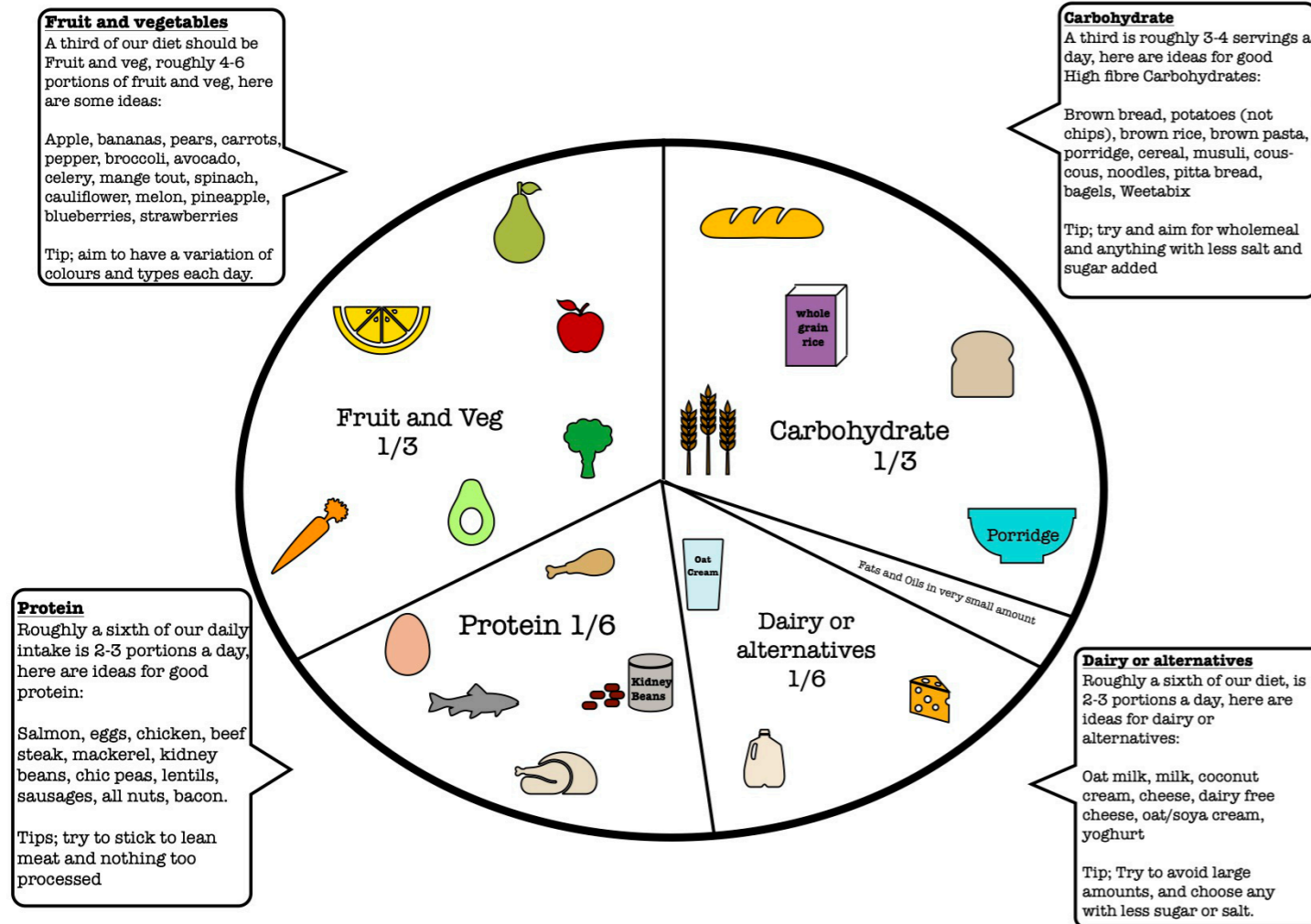
The fuel to drive you forward



GET IN THE GOODNESS

Track your nutritional 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.

GET IN THE GOODNESS



Days	Carbohydrates	Fruit and Veg	Protein	Dairy
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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 x 500ml bottles of fluid a day (including water in tea and coffee and milk, but not heavily sugared drinks)
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Rest & Restore Activities

Prepare to be at your best



Circle of Light

Visit us at www.col-uk.com for more support & activities