balanced beyars
HEALTH COACH SISTERS

new year, new habits

31 DAY CHALLENGE

PART II

Day 15

READ A BOOK, PREFERABLY FICTION

- AFTER A CRAZY DAY AT WORK STARING AT SCREENS AND STRAINING YOUR BRAIN, IT'S TIME TO DISENGAGE. WHILE WE'RE ALL FOR LEARNING FROM SELF-HELP & BUSINESS BOOKS, SOMETIMES IT'S JUST *information overload.*
- FICTION BOOKS HELP YOU TAP INTO YOUR CREATIVITY & IMAGINATION. PLUS, WHO DOESN'T LOVE A GOOD STORY?

some of our favorites:

- HARRY POTTER BY JK ROWLING
- COURT OF THORNS AND ROSES BY SARAH J. MAAS

Day 16

TAKE A PEEK AT YOUR POO

TALKING ABOUT POOP IS SO "TAB-POO", BUT YOUR *elimination* CAN REVEAL A WHOLE LOT ABOUT YOUR HEALTH.

- DO YOU PAY ATTENTION TO HOW OFTEN YOU HAVE BOWEL MOVEMENTS (BMS), OR WHAT THE QUALITY OF THEM IS?
- IT IS RECOMMENDED THAT YOU "GO" 1-2 TIMES PER DAY. IF YOU'RE NOT MOVIN' AND GROOVIN', YOUR BODY IS REABORBING ALL THAT WASTE. AND THAT'S SHITTY.

IF YOU'RE NOT GOING, HERE ARE SOME TIPS:

- INCREASE YOUR FIBER INTAKE (VEGGIES, LEGUMES, SWEET POTOATO, FLAX SEED, CHIA SEEDS)
- DRINK MORE WATER
- SUPPLEMENT WITH MAGNESIUM (IF YOU'RE HAVING DIARRHEA, YOU'VE GONE TOO FAR.)

BONUS INFOGRAPHIC BELOW

THE POO HANDBOOK

#3 OR #4 ARE #POOPGOALS

	Looks like	Consistency	Indicates
Type 1		Separate hard lumps	Very constipated
Type 2		Lumpy and sausage like	Slightly constipated
Type 3		Sausage shaped with cracks in the surface	Normal
Type 4		A smooth, soft sausage or snake	Normal
Type 5		Soft blobs with clear-cut edges	Lacking fibre
Type 6		Mushy consistency with ragged edges	Inflammation
Type 7		Liquid consistency with no solid pieces	Inflammation

INFOGRAPHIC SOURCE HERE.

Day 17

CREATE A POWER LIST

- IN THIS MULTI-TASKING WORLD, SOMETIMES IT'S IMPOSSIBLE TO GET SH*T DONE, AND IT'S EASY TO FEEL LIKE THERE'S NOT ENOUGH TIME IN THE DAY.
- SOLUTION? PRIORITIZE AND CREATE A "POWER LIST" WITH 2-5 OF THE MOST IMPORTANT THINGS THAT MUST GET DONE THAT DAY. NO EXCUSES.

for example:

- SEND PRESENTATION TO JOHN
- DROP OFF PACKAGE AT USPS
- MAKE DOCTORS APPOINTMENT
- GO FOOD SHOPPING FOR KIDS

Day 18

SET AN ELECTRONIC BED TIME

- THE *blue light* EMITTING FROM ALL OUR ELECTRONICS - TVS, PHONES, COMPUTERS - MESS WITH THE SECRETION OF MELATONIN (OUR GOOD SLEEP HORMONE). OUR BRAINS ARE TRICKED INTO THINKING THAT IT AIN'T TIME FOR BED, SIGNIFICANTLY SCREWING WITH OUR SLEEP.
- SET AN ELECTRONIC BEDTIME 1-2 HOURS BEFORE YOUR ACTUAL BEDTIME TO GIVE YOUR BODY THE CHANCE TO WIND DOWN.

extra precautions:

- MINIMIZE BLUE LIGHT BY PUTTING ON THE "NIGHT SHIFT" SETTING ON YOUR PHONE & COMPUTERS
- BUY SOME BLUE LIGHT BLOCKING GLASSES!

Day 19

TAKE AN EPSOM SALT BATH

- AFTER A LONG DAY, LIGHT SOME CANDLES AND GO FOR A SOAK WITH SOME SALT PLEASE.
- EPSOM SALT CONTAINS MAGNESIUM THAT HELPS RELAX YOUR MUSCLES AND EASE SORENESS.

tip:

- YOU CAN GET EPSOM SALT AT YOUR LOCAL DRUG STORE.
- OUR FAVORITE PRODUCT IS THE LUXURIOUS SEA SOAK FROM PRIMALLYPURE.COM. [20% OFF CODE: BALANCEDBEYARS]

Day 20

ACCEPT A COMPLIMENT WITH CONFIDENCE

- DO YOU FIND YOURSELF DODGING COMPLIMENTS AND UNDERMINING YOURSELF BY REPLYING WITH THINGS LIKE: "OH STOP IT", "EW, NO WAY", "THESE OLD THINGS?"
- PRACTICE SELF LOVE TODAY BY ACCEPTING COMPLIMENTS WITH CLASS AND CONFIDENCE.
- ALL YOU HAVE TO DO IS...

smile & say thank you

'cause you're killing it, queeeeeen.

Day 21

FOCUS ON MINDFUL EATING

EATING WITH MINDFULNESS MAKES FOR BETTER DIGESTION AND HELPS YOU TO AVOID OVER-CONSUMPTION.

tips:

- TAKE A FEW BREATHS BEFORE YOU BEGIN YOUR MEAL TO TURN ON YOUR "REST & DIGEST" SYSTEM
- PUT YOUR FORK DOWN BETWEEN EACH BITE
- CHEW EACH MOUTHFUL 30X BEFORE SWALLOWING
- DON'T EAT DISTRACTED [PUT AWAY ELECTRONICS]
- DON'T DRINK LIQUIDS DURING YOUR MEAL

COMPLETE WORKSHEET BELOW

REFLECTION ACTIVITY

TIME FLIES WHEN YOU'RE *having fun*

IT'S ALREADY BEEN 3 WEEKS SINCE THE START OF THE CHALLENGE!

ASK YOURSELF:

- HOW AM I FEELING?

- WHAT IS MY FAVORITE CHALLENGE SO FAR?

- WHAT IS A NEW HABIT THAT I FORMED?

- WHAT HAVE I LEARNED ABOUT MYSELF?

Day 22 CAFFEINE-FREE DAY [DON'T KILL US]

- WE'RE NOT EXAGGERATING WHEN WE SAY THAT MOST PEOPLE ARE "RUNNIN' ON DUNKIN' " -- RELYING ON THE BOOST FIRST THING IN THE MORNING AND ANOTHER TO COPE WITH THE 2PM LOWS.
- INSTEAD THE CAFFEINE PICK-ME-UP, TRY TO LET YOUR BODY WAKE UP ON IT'S OWN, THE WAY IT WAS DESIGNED. IT'LL GIVE YOUR ADRENALS A MUCH NEEDED BREAK.

good replacements

- HERBAL TEA
- HOT WATER WITH LEMON
- CELERY JUICE

Day 23

GIVE YOURSELF A MASSAGE

HOW TO SCORE A *free massage:*

- STEP 1: PICK OUT YOUR FAVORITE NON-TOXIC BODY LOTION OR OIL
- STEP 2: PICK A BODY PART. WE LOVE FACE, CALVES, HANDS, FEET, SCALP - OR ANY PLACE THAT'S SORE.
- STEP 3: PICK YOUR PRESSURE. LIGHT, MEDIUM, OR HEAVY.
- STEP 4: GIVE YOURSELF A GENEROUS 20% TIP.

DIY *massage oil*

- FAVORITE ESSENTIAL OILS: LAVENDER, GERANIUM, OR FRANKINCENSE
- FAVORITE OILS: COCONUT OIL, OLIVE OIL, OR SESAME OIL
- *COMBINE THE 2 COMPONENTS AND GET RUBBIN'*

Day 24

MAKE YOUR OWN SPA WATER

- WATER IS KEY FOR PRETTY MUCH EVERYTHING, FROM AIDING IN DETOXIFICATION & ELIMINATION TO CLEARING YOUR SKIN. NEED WE SAY MORE ON THE TOPIC?
- GET FANCY & *combine:*
  - WATER
  - CUCUMBER
  - LEMON
  - MINT
- THE LONGER YOU LET THE COMBO SIT, THE MORE TASTY IT'LL BE! IF YOU REALLY LIKE THE TASTE, GET AN INFUSER WATER PITCHER.

Day 25

START A GRATEFUL JOURNAL

- WHETHER IT'S IN THE AM OR PM, WHIP OUT YOUR NOTEBOOK AND START WRITING DOWN THINGS THAT YOU'RE GRATEFUL FOR.
- BY DOING THIS, YOU WILL GAIN A NEW PERSPECTIVE ON WHAT YOU TRULY APPRECIATE IN LIFE, AND IT WILL KEEP YOU FOCUSED ON WHAT REALLY MATTERS.

ask yourself things like....

- WHO OR WHAT AM I THANKFUL FOR IN THIS MOMENT?
- WHAT IS AN AMAZING THING THAT HAPPENED THIS WEEK?

Day 26

COOK ONCE, EAT TWICE

THERE'S A COMMON MISCONCEPTION THAT MEAL PREP IS 8 HOURS OF COOKING FOR A WEEK'S WORTH OF FOOD. WE'RE HERE TO TELL YOU THAT IT CAN BE SO SIMPLE AND EASY.....

here are our faves

- COOK A BIG BATCH OF YOUR FAVORITE DINNER RECIPE AND SAVE HALF OF IT FOR LUNCH THE NEXT DAY.
- BOIL A DOZEN EGGS UNDER 10 MINUTES AND HAVE SNACKS FOR THE ENTIRE WEEK.
- BAKE 4 SWEET POTATOES AT 400 DEGREES FOR 45 MINUTES AND HAVE A SWEET SIDE DISH READY TO GO FOR MULTIPLE MEALS

Day 27

LEARN SOMETHING NEW

DO YOU FREQUENTLY FIND YOURSELF ON AUTOPILOT? WITH THE SAME PATTERNS, ROUTINES, ACTIONS, DAY IN DAY OUT? KEEP YOUR BRAIN ON IT'S TOES BY LEARNING SOMETHING NEW AND FUN. BRING ON THE INTELLECTUAL STIMULATION!!!!

try this:

- LEARN A NEW LANGUAGE ON THE APP DUOLINGO
- TAKE A NEW ROUTE TO WORK
- TRY A NEW WORKOUT CLASS
- SIGN UP FOR GOHIGHBROW.COM CLASSES [#SKILLS]
- LISTEN TO A TED TALK
- SUBSCRIBE TO THE SKIMM FOR DAILY NEWS

Day 28

START A FOOD DIARY

FOOD LOGS ARE HELPFUL WHEN YOU'RE LOOKING TO CHANGE YOUR EATING HABITS. THIS IS A GOOD WAY TO NOTICE PATTERNS AND HOLD YOURSELF ACCOUNTABLE.

questions to ask yourself

- WHAT DID YOU EAT FOR BREAKFAST, LUNCH, AND DINNER? SNACKS? WHAT TIME DID YOU EAT?
- HOW DID YOU FEEL AFTER YOUR MEALS?
- HOW MUCH WATER DID YOU DRINK?
- HOW MANY ITEMS WERE PACKAGED WITH A BARCODE?
- HOW'S YOUR ELIMINATION? SKIN? MOOD?

Day 29

FIBER UP

fiber is your friend.....

- SOME OF OUR FAVORITE THINGS ABOUT FIBER: HELPS ELIMINATE TOXINS FROM YOUR BOD (DO WE NEED TO REMIND YOU ABOUT THE IMPORTANCE OF POO AGAIN?), AIDS IN DIGESTIVE HEALTH, AND SLOWS BLOOD SUGAR SPIKES.
- THE DAILY RECOMMENDED INTAKE IS 25G FOR WOMEN, 38G FOR MEN.

where can I find fiber?

- CHIA SEEDS
- FLAX SEEDS
- WHOLE GRAINS
- BROWN RICE
- BERRIES
- AVOCADO
- OATMEAL
- SWEET POTATO
- NUTS AND SEEDS
- LEGUMES
- DATES
- APPLES

Day 30

HUG SOMEONE FOR 20 SECONDS

CAN WE INTEREST YOU IN A LITTE *cuddle therapy?*

- WHEN YOU HUG SOMEONE FOR 20 SECONDS OR MORE, YOUR BODY SECRETES THE NEUROTRANSMITTER OXYTOCIN, THE "FEEL GOOD" OR "LOVE" HORMONE.
- THIS POSITIVE PHYSIOLOGICAL REACTION CAN HELP TO REDUCE STRESS, EASE DEPRESSION AND LONELINESS, COMBAT FEAR, IMPROVE SELF-ESTEEM, DEFUSE TENSION, AND FIGHT FATIGUE.

hug away!

Day 31

REWARD YOURSELF. YOU DID IT.

YOUR ONLY RULE:

★ FIND A *non-food* REWARD.

THIS CAN BE ANYTHING THAT BRINGS YOU JOY.

- GET A FACIAL
- PICK YOURSELF SOME FLOWERS
- WATCH YOUR FAVORITE SHOW
- SHOP THOSE PANTS YOU'VE BEEN PINING OVER

COMPLETE WORKSHEET BELOW

FINAL REFLECTION

congrats, you stud!

MY 3 NEW FAVORITE HABITS ARE:

A FEW CHALLENGES I ENCOUNTERED WERE:

THE BIGGEST CHANGE I'VE MADE IN THE LAST 31 DAYS WAS:

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