

DAY 0

21 Day Happy Healthy Holistic Program



TOPIC OF THE DAY Introductory Lesson:

1. Find out why a holistic approach can change your whole life.
2. Learn about the potential of your plastic brain.
3. See how the next 21 days will work and how the program is structured.



TODAY'S ACTIVITIES

Teach to remember! It turns out that you learn new information better if you know you will need to teach it to someone else, according to Neuroscientist, *Dr Matthew Liberman*.

So, after you watch the introductory videos, explain what you have learnt, to someone else. You could share your new knowledge with a child, a partner, a parent or a friend. And if none of them will listen; teach a pet! Or even a stranger you meet on the bus!



TODAY'S REFLECTION JOURNAL

Neuroscience shows that when we write down our goals we are far more likely to achieve them. To acknowledge you are committed to living a Happy, Healthy, Holistic life, fill in the blanks below.

*"I..... commit to the challenge of doing this 21-day program,
My goals are
and I will ACHIEVE them by taking control of my own health & happiness,
with an evidence-based holistic approach, starting today."*



DAILY CHECKLIST

- | | | | |
|----------------------------------|--------------------------|------------------------------|--------------------------|
| Gratitude | <input type="checkbox"/> | Get Out in Nature | <input type="checkbox"/> |
| Breathwork | <input type="checkbox"/> | Listen to Music | <input type="checkbox"/> |
| Movement/Yoga | <input type="checkbox"/> | Meditation | <input type="checkbox"/> |
| Mindfulness, Being Present | <input type="checkbox"/> | Connect with others, Support | <input type="checkbox"/> |
| Noticing Your Thoughts | <input type="checkbox"/> | Laughter & Fun | <input type="checkbox"/> |
| Healthy Eating (Fruits & Vegies) | <input type="checkbox"/> | Challenge Yourself | <input type="checkbox"/> |
| Quality Sleep | <input type="checkbox"/> | Relax and Chill Time | <input type="checkbox"/> |
| | | Compassion | <input type="checkbox"/> |



EVENING VISUALISATION

People who visualise themselves, in detail, doing things they want to achieve, are more likely to actually achieve them in reality. So, before falling asleep, visualise how your 'ideal tomorrow' will run. See yourself achieving things, meeting goals, having fun and feeling happy!