



**REMEMBER THE 5 DAILIES: PRAY&PLAN \* WATER \* MOVE \* JOURNAL \* SLEEP**

**SIMPLIFY THE HOLIDAY**

Here's how you participate to WIN this Holiday Season:

**Step 1 — Use your Planner every day — 5 minutes or less is all it takes.**

**Step 2 — Move for 15 minutes (or more) each day.**

**Step 3 — Write what you're grateful for.**

**THAT'S IT! 😊**

Everyone who tracks these habits is eligible for a prize giveaway at the end of the December!

Any intentional movement counts for this challenge — walking, dancing, playing with your kids or grandkids, PraiseMoves, exercise YouTube video, gym...

15+ Minutes a day is all you need.

You can use the line-a-day gratitude journal on the next page (or a sheet of paper) to put your mind to work on what you're grateful for this season!

## MY DAILY GRATITUDE JOURNAL

Each day this month, I'll choose something I'm grateful for and write a reason why. If you need more space or want to dig deeper, use the 4Rs worksheet (Recognize, Realize, Restate, Reframe – 4Rs sheet attached).

DAY 1 \_\_\_\_\_

DAY 2 \_\_\_\_\_

DAY 3 \_\_\_\_\_

DAY 4 \_\_\_\_\_

DAY 5 \_\_\_\_\_

DAY 6 \_\_\_\_\_

DAY 7 \_\_\_\_\_

DAY 8 \_\_\_\_\_

DAY 9 \_\_\_\_\_

DAY 10 \_\_\_\_\_

DAY 11 \_\_\_\_\_

DAY 12 \_\_\_\_\_

DAY 13 \_\_\_\_\_

DAY 14 \_\_\_\_\_

DAY 15 \_\_\_\_\_

DAY 16 \_\_\_\_\_

DAY 17 \_\_\_\_\_

DAY 18 \_\_\_\_\_

DAY 19 \_\_\_\_\_

DAY 20 \_\_\_\_\_

DAY 21 \_\_\_\_\_

**MY DAILY GRATITUDE JOURNAL**

DAY 22 \_\_\_\_\_

DAY 23 \_\_\_\_\_

DAY 24 \_\_\_\_\_

DAY 25 \_\_\_\_\_

DAY 26 \_\_\_\_\_

DAY 27 \_\_\_\_\_

DAY 28 \_\_\_\_\_

DAY 29 \_\_\_\_\_

DAY 30 \_\_\_\_\_

DAY 31 \_\_\_\_\_

DAY 32 \_\_\_\_\_

DAY 33 \_\_\_\_\_

DAY 34 \_\_\_\_\_

DAY 35 \_\_\_\_\_

DAY 36 \_\_\_\_\_

DAY 37 \_\_\_\_\_

DAY 38 \_\_\_\_\_

DAY 39 \_\_\_\_\_

DAY 40 \_\_\_\_\_

# THE 4 R's: I'M TAKING CONTROL OF MY THOUGHTS

\* RECOGNIZE

\* REALIZE

\* RESTATE

\* REFRAME

## RECOGNIZE

What are some old, unhelpful thoughts you have about weight loss? They could be thoughts such as, "I may lose the weight, but I'll gain it back. I always do" or "I have to weigh and measure all of my foods to lose weight" or "I can't eat what I LIKE and lose weight." **What are 3 of those thoughts for you?**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## REALIZE

Considering your past experiences, it's completely NORMAL to have thoughts like that. Thinking logically and realizing that it's normal takes the "fire" out of those thoughts.

**Write reasons WHY thinking those thoughts would be normal for you.**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## RESTATE

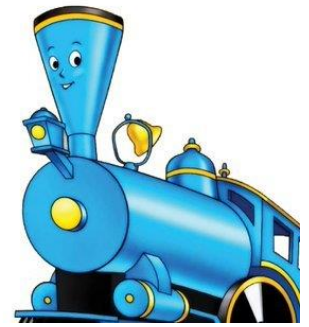
What we want to do now is RESTATE that thought in a completely non-emotional, factual way—as if you were presenting a case before a judge. There's a difference between "I'm such a loser. I've never seen that number on the scale before" and "I currently weigh 250 lbs." **Restate the thought – just the FACTS, ma'am.** 😊

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## REFRAME

Let's take that "TRAIN" of thought and practice adding a new "ENGINE" at the front and a new "CABOOSE" at the back!

**"I THINK I CAN.  
I THINK I CAN.  
I THINK I CAN.  
I KNOW I CAN."**  
— THE LITTLE ENGINE THAT COULD



## FOR EXAMPLE

Old, unhelpful thought: *"I'll gain the weight back. I always do."*

New thought is: *"I sometimes think..."* (engine) *"I'll gain the weight back"* (old, unhelpful thought) *"But I'm willing to be proven wrong"* (caboose).

Reframed thought all together: *"I sometimes think I'll gain the weight back, but I'm willing to be proven wrong."*

## Other openers and closers could be:

*"What I seem to be thinking now is...(old thought) but I could be mistaken."*

*"I had this thought...(old thought) but that's just an old tape playing."*

*"OLD ME was thinking that (old thought) but NEW ME knows the truth that..."*

Take each of the old, unhelpful thoughts from the "Recognize" section and add a new "engine" and "caboose" to that "train" of thought. 😊

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## NOW, TAKE ACTION!

List actions you can take in light of these new thoughts and feelings. For example, journal how the new thought makes you feel, add/subtract food/drink from your Daily Planner, etc. What could you do differently as a result of this new thought?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_