



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 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. _____
