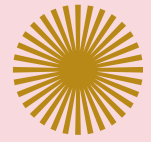


20

24

THE  
HEALTHY  
GODDESS

*Wellness Planner*



# WELCOME GODDESS

Tracking your wellness goals & self-care rituals is a great way to ensure you set yourself up for health & wellness this year with ease.

Take note of your habits, & any emotions or resistance around seeing your way through to a healthy lifestyle. Health can be made easy, by incrementally introducing wellness habits over a 21-30 day period, which is why I have broken it down into simple steps for you, to get out of overwhelm!

Nicole  
Chalfont

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**INTRODUCTION**

GETTING STARTED

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**MINDSET**

TIPS FOR MORNING RITUALS

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**GETTING IT DONE**

HOW TO START YOUR  
JOURNAL

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**LIFE AUDIT**

THE WHEEL OF LIFE

# *contents*



## INTENTION SETTING

# VISION BOARD

---

## UNDERSTANDING YOUR GOALS

# GETTING TO YOUR WHY

---

## SELF-CARE

# GRATITUDE JOURNAL

---

## ACCOUNTABILITY

# SELF-CARE CHECKLIST



# GETTING STARTED

This is an easy-to-use workbook that you can print out, or ideally download to your phone or laptop.

Make use of the journal prompts, self-care reminders and wellness trackers to keep you on track for 2024.

The most important part of this workbook is understanding your vision, creating your vision board, getting to understand your goals, while having a process to journal through any self-sabotage or anxiety as it arises. Anchoring in a strong vision is the **MOST** important step before you get started on your *wellness journey*. *The NEXT most important step is in keeping yourself accountable through the use of the checklists and wellness trackers.*

Wishing you all the success in your wellness journey in 2024.

NICOLE CHALFONT  
THE HEALTHY GODDESS MOVEMENT  
NICOLE@THEHEALTHYGODDESS.COM.AU





2024  
MANTRA:  
SELF CARE  
IS NOT  
SELFISH



## CHAPTER ONE

# TIPS FOR MORNING RITUALS

Having a solid morning routine is crucial to health and well-being. Layer new habits step- by- step for an easeful transition to mindful well-being. overtime. We can come up against resistance and self-sabotage when we are trying to hard to do too many things at once.



# TIPS FOR MORNING RITUALS

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Pick one or two things at a time to master well. This may be something as simple as monitoring your water intake and ensuring to eat more protein for breakfast.

You may wish to focus more on mindfulness which can mean starting and ending the day with journalling or meditating or both.

If you are working to improve your digestion you may start

the day with lemon water followed by a breakfast appropriate for your *Dosha*.

If you are needing to incorporate more movement your priority may be going for beach walks, ocean swims or taking time to stretch, and breathe first thing in the morning.

Consistency is key, and starting small. *Self-care is an act of self-love.*





## STEP ONE

# PREPARE A HEALTHY MEAL

I highly recommend that you ensure to have a reasonable meal for your breakfast, as starting the day with coffee and no food can really wear your adrenals down overtime. Sustainable homemade meals with adequate portions will ensure that you have more energy.

## STEP TWO

# EAT YOUR BREAKFAST

Making changes to your health can be about planning and time management. Slowly, and mindfully ensuring to digest food properly, not on the go on while stressed as this can impact your digestion. If you struggle to make time plan the day before or the week in advance.





## CHAPTER TWO

# START JOURNALLING

Getting in to the state of what you want to feel, and getting to the bottom of any emotions around self-sabotaging behaviours or limiting beliefs is so important to be able to adopt new health habits. You can get yourself into a positive state by *scripting* and visualising the life that you want to live and the habits that you will adopt into order to do so.



# LIFE AUDIT

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On the next page, you will find a wheel of life. Take 10-20 minutes to identify the areas of your life where you place the most time and attention. Be honest with yourself.

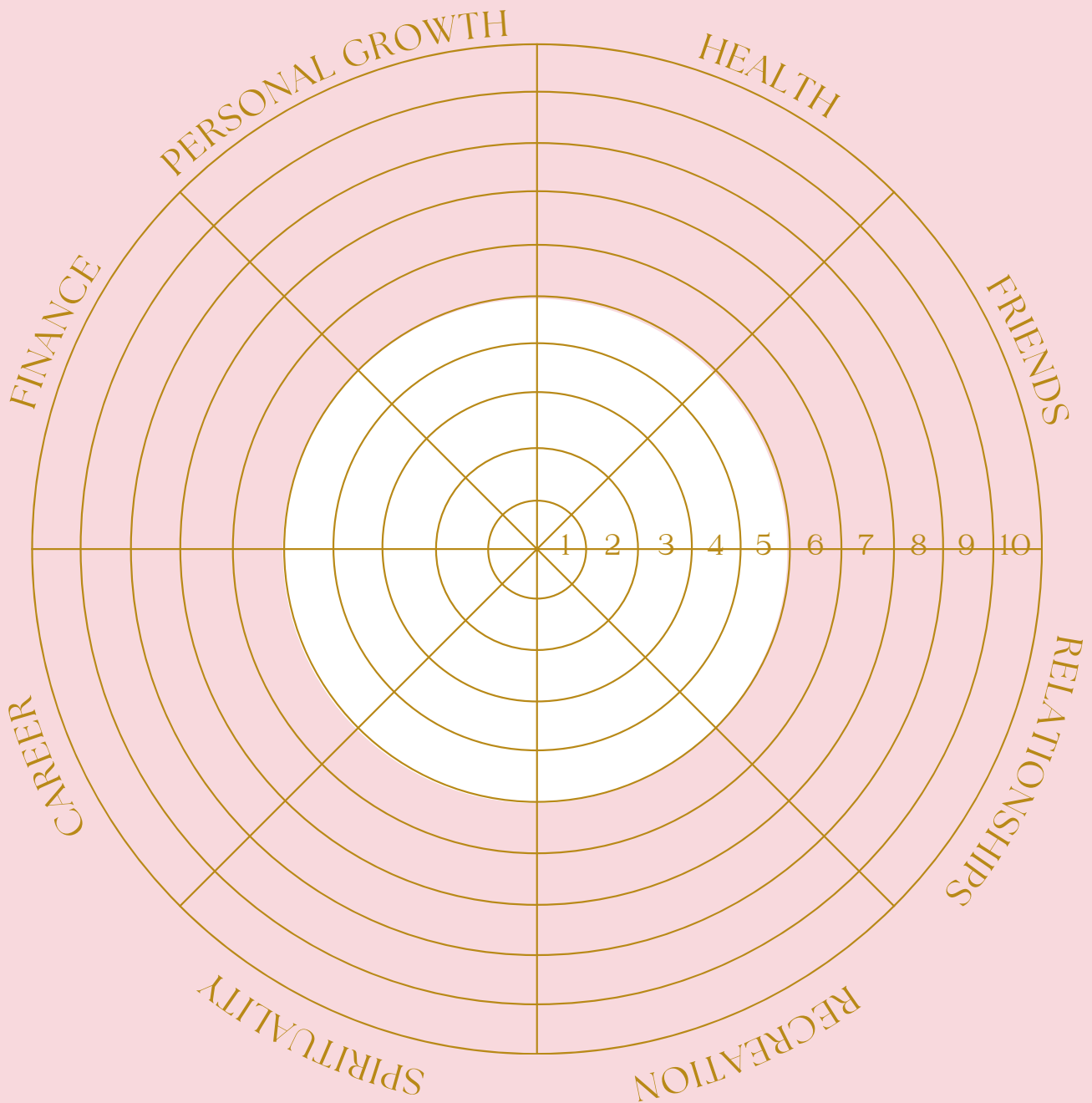
1. Where do you put most of your energy?
2. Where do you want to spend more of your time and energy?
3. What boundaries will you need to make these changes?
4. Write about it in the journal page following.



# wheel of LIFE



THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.





# TAKE SOME TIME TO GET REALLY CLEAR ON YOUR VISION BOARD FOR 2024

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Visuals can be powerful motivations for us. We can use images to anchor in the healthy lifestyle that we wish to manifest. Use the notes section on the next page to get started. You may wish to complete an actual vision board yourself, using cut outs of images, Pinterest or a vision board template on Canva.

Get people on board with your vision too, speak it into reality, have your tribe support you and help keep you motivated by those who have likeminded goals and values.



# MY VISION BOARD

PERSONAL

HEALTH

FAMILY

RELATIONSHIPS

CAREER

LIFESTYLE



# *understanding*



## *GOALS*

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS. **GETTING TO YOUR WHY:**

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?





# MONTHLY GOALS

1

2

3

WHAT I WANT TO ACHIEVE

WHAT I WANT TO ACHIEVE

WHAT I WANT TO ACHIEVE

WHY I WANT TO ACHIEVE IT

WHY I WANT TO ACHIEVE IT

WHY I WANT TO ACHIEVE IT

HOW I WILL ACHIEVE IT

HOW I WILL ACHIEVE IT

HOW I WILL ACHIEVE IT





# WHAT DREAMS ARE YOU CURRENTLY MANIFESTING?





# *self care* PLANNER



PRIORITISING SELF-CARE IS A VERY IMPORTANT STEP IN LIVING A BALANCED AND STRESS-FREE LIFE. FILL OUT THE BOXES BELOW DURING THE WEEK TO GIVE YOURSELF TIME TO REFLECT.

I'M GRATEFUL FOR

EXERCISE AND NUTRITION

MY BIGGEST SELF-CARE GOAL THIS WEEK

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HABITS

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
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05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



DATE

MOOD



# DAILY JOURNAL

YOUR THOUGHTS

---

---

---

---

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---

---

GOALS

TO DO

daily

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# SELF-CARE

S M T W T F S

## C H E C K L I S T

- MEDITATION / AFFIRMATIONS
- TAKE A COLD SHOWER / COLD PLUNGE
- DAILY GRATITUDE JOURNAL
- DO A FACE MASK OR GUA SHUA
- YOGA / STRETCH / BREATHING
- DRY BODY BRUSH OR BODY SCRUB
- MAKE A HEALTHY BFASST WITH PROTEIN
- APPLY NATURAL BODY OIL / LOTION
- SPEND TIME IN NATURE / GO FOR A WALK
- SCHEDULE REST TIME
- DECLUTTER YOUR HOME / TIDY, CLEAR DUST
- MEAL PLAN FOR THE DAY / WEEK
- WASHING CLOTHES, USE TOXIN-FREE WASH
- SOURCE ORGANIC PRODUCE
- PLAY MUSIC - SOLFEGGIO FREQUENCIES
- MAKE TIME TO READ
- LISTEN TO A PODCAST / RECORDING
- TRY A NEW RECIPE OR DIET PLAN
- PAINT / MAKE ART / WRITE / CREATIVE
- SCHEDULE SOCIAL MEDIA BREAK / TIMER

### WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

### HOURS OF SLEEP (Hours)



### WATER BALANCE (Glass)



THINGS THAT MAKE ME HAPPY TODAY:

### MOOD





# WEEKLY JOURNAL

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

## SOMETIME THIS WEEK



# WEEKLY PLANNER

WEEK \_\_\_\_\_

MON \_\_\_\_\_

TUE \_\_\_\_\_

WED \_\_\_\_\_

THU \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

## PRIORITY OF THE WEEK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER INTAKE



## TO CALL / TO EMAIL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## APPOINTMENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# DAILY FOOD TRACKER

Date:

BREAKFAST	SNACKS	LUNCH	DINNER

TODAY'S WORKOUT

WATER INTAKE

NOTES







# MAKE A LIST OF 'HEALTHY' FEEL GOOD ACTIVITIES TO KEEP YOU MOTIVATED

ie. dancing, sound healing



# TO DO LIST

DATE: \_\_\_\_\_

S M T W T F S

- \_\_\_\_\_
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TO START     OK     → DELAY     / STUCK     X CANCEL