



Go From Knowing to Doing

To help pave the way for the KNOWING-to-DOING journey, you have to be really, deeply honest about what makes you feel good. For me, that means writing it all down and holding myself accountable to my own list of “must-dos.”

For example:

*I know I feel better when I eat breakfast in the mornings.
I know I feel better when I make sure to drink enough water.*

Your turn:

I know I feel better when _____
I know I feel better when _____
I know I feel better when _____

There you have it: the things you know that you need to DO in order to feel (and look!) your best. You're off to a great start!

Now, let's transform those things that you KNOW you need into things that you can actively DO. Using the list above as a reference, jot down the reasons why you aren't doing those things. In other words, what prevents you from turning your knowing into doing?

For example:

I know I feel better when I eat fresh home cooked meals, but I never have time to get to the grocery store in the middle of the week.
I know I feel better when I cut down on caffeine, but I need my extra boost in the morning when I don't get enough sleep.

List your reasons here:

I know I feel better when _____
but _____
I know I feel better when _____
but _____
I know I feel better when _____
but _____



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Now that you KNOW the habits that support your health and happiness, and the obstacles that come between you and maintaining them, you're ready to take the leap into DOING!

Write down a few ways you plan to take action, to step away from your excuses and move closer to the way you truly want to feel.

Here's a quick example:

Instead of just telling yourself: *I know I feel better when I eat a breakfast with protein and healthy fats...[but I don't have time to prepare a meal every morning].*

Skip the passive "but" and replace it with an active "so": I know I feel better when I eat a breakfast with protein and healthy fats... so I'm going to plan out all my breakfasts for the week on Sunday. That means I can start every Monday ready to take care of my body and my brain.

Instead of just telling yourself: *I know I feel better when I get to bed early...[but I have too much to do!]*

Step into action: I know I feel better when I get to bed early... so I'm going to cut the hanging tasks on my to-do list into small bites, and set aside an extra hour in the morning to tackle them. That means I'll end each day with a sense of accomplishment, and get to bed on time, without guilt and worry keeping me up.

List your actions steps:

I know I feel better when _____

so _____

I know I feel better when _____

so _____

I know I feel better when _____

so _____

Now you're ready to not just KNOW, but DO!