

Just Go Pink!

CHANGE SHEET

Start Changing Your Life Towards
More Health and Happiness Now!

This worksheet will help you to start making changes to your life style right now. So let's get started.

1. Snapshot your life and your habits. Imagine what your life would look like if you had taken the time to develop healthier habits to replace your current unhealthy ones. Write down what you want to do differently, or habits you want to change.

Example:

- I want to eat healthier: no more eating after 8pm & become a vegetarian.
- I want to move more: learn and do yoga 4x per week.
- I want to learn how to meditate: start every day with 10 minutes guided meditation.
- I want to reduce my impact on the environment: bring my own bags when I go shopping.

2. For each one, break the change into little steps that you feel you could do.

Example:

A) *Eat healthier - no eating after 8pm:*

step 1: Monday, Wednesday, Friday;

step 2: weekdays;

step 3: all days, except Saturday;

step 4: all days

Example -continued-

B) *Eat healthier – reduce meat consumption:*

- step 1: research and document vegetarian recipes that appeal to me;
- step 2: have 1 vegetarian day per week;
- step 3: have 2 vegetarian days per week;
- step 4: have 3 vegetarian days per week;
- step 5: have 4 vegetarian days per week;
- step 6: have 5 vegetarian days per week;
- step 7: have 6 vegetarian days per week;
- step 8: be a vegetarian all days of the week, except when eating out;
- step 9: be a vegetarian all days of the week, always;

C) *Move more – do yoga:*

- step 1: check out yoga studio's in the neighborhood, ask for references from friends;
- step 2: do a first yoga class and see if I like it. If not, do another try out at another studio, until I find somewhere that suits me;
- step 3: go to yoga class once a week;
- step 4: go to yoga class twice a week;
- step 5: do an additional yoga session at home once a week, bringing the total to 3x per week;
- step 6: repeat step 5, bringing the total to 4x per week;

D) *Learn how to meditate:*

- step 1: research meditation apps and install one on my phone. Try out the app, specifically guided meditations for beginners. If I like it, stick with it, if not, try out another. Continue until I have found an app that I like.
- step 2: try out different short guided meditation for beginners, or even a course. Just one meditation per day;
- step 3: get up 10 minutes earlier every morning and meditate with the app.

E) *Reduce my impact on the environment by no longer using single use plastic bags:*

- step 1: make or buy a number of re-usable bags that fold up very small and put them in my handbag, my car, my backpack, etc. to make sure I always have a bag with me and never need to accept or buy a plastic one to bring whatever I buy home.

3. Fill in the schedule

Example

Week 25 A1	Week 26 B1	Week 27 B2	Week 28 E1
Week 29 C1	Week 30 C2	Week 31 A2	Week 32 B3
Week 33 D1	Week 34 D2	Week 35 C3	Week 36 D3
Week 37 A3	Week 38 C4	Week 39 B4	Week 40 A4

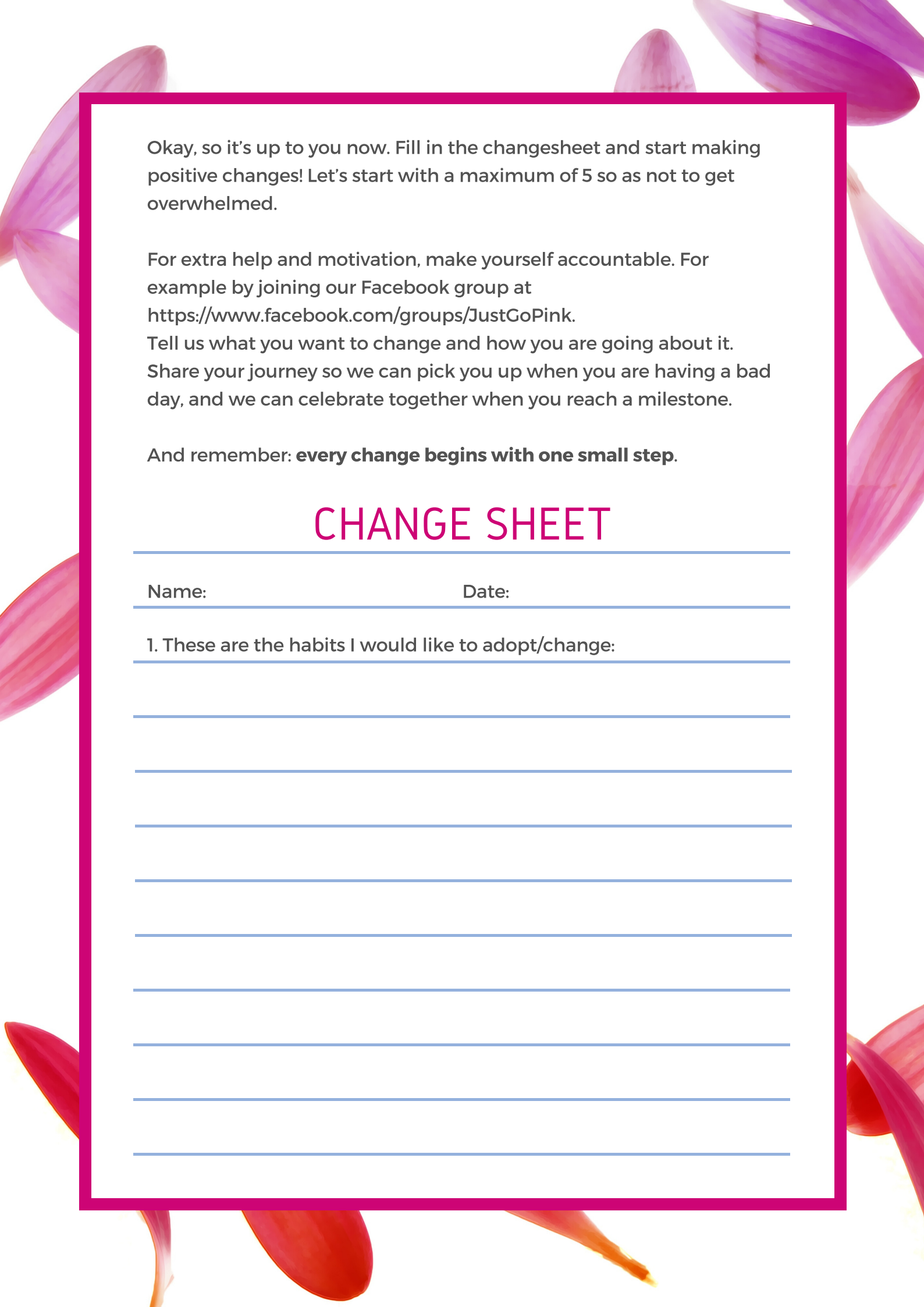
Don't be hard on yourself if one day, you don't stick to the new program. Show yourself some compassion. It doesn't mean that you're a complete failure, it just means you failed once. You're only human, so pick yourself up, smile, and continue. Just don't use this once-in-a-while mishap as an excuse to quit!

As you can see from this example, in less than 4 months, you can:

- have completely stopped eating (snacking) after 8pm,
- be eating vegetarian 3 days a week,
- be going to yoga class twice a week,
- be meditating 10 minutes every day, and
- have stopped using single use plastic bags when buying things.

Isn't that just awesome??!



The page is framed by a thick magenta border. Pink flower petals are scattered around the border, with some at the top and some at the bottom. The petals vary in shades of pink and red.

Okay, so it's up to you now. Fill in the changesheet and start making positive changes! Let's start with a maximum of 5 so as not to get overwhelmed.

For extra help and motivation, make yourself accountable. For example by joining our Facebook group at <https://www.facebook.com/groups/JustGoPink>.

Tell us what you want to change and how you are going about it. Share your journey so we can pick you up when you are having a bad day, and we can celebrate together when you reach a milestone.

And remember: **every change begins with one small step.**

CHANGE SHEET

Name:

Date:

1. These are the habits I would like to adopt/change:

3. Fill in the schedule. The first week number is the current week.

week <i>Fill in the change sheet</i>	week	week	week
week	week	week	week
week	week	week	week
week	week	week	week
week	week	week	week
week	week	week	week

Great! You have done all the preliminary work. Now all you have to do is follow through. Don't make a big deal out of it, just get started on your first little change and continue from there.

Let us know how you are doing and if there's anything we can help you with. You can do so by sending us an email at contact@justgopink.com and/or joining our Facebook group at <https://www.facebook.com/groups/JustGoPink>

In health and happiness,

Karen & Christophe