

HEALTHY gut

WORKBOOK

Week SAMPLE Workbook

Notice to Reader

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Healthy Gut

Here is a breathing exercise for you to try. Deep breathing is a great way to de-stress.

Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.

1. Breathe in through your nose. Let your belly fill with air.
2. Breathe out through your nose.
3. Place one hand on your belly. Place the other hand on your chest.
4. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
5. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Healthy Gut

Which exercises did you pick or did you try a different brain exercise. How did you feel afterwards?

Do you currently struggle with memory at all? How you can incorporate more brain exercises in to your week?

Healthy Gut

Follow the steps below to try meditation. If you already regularly meditate, try using a new method.

- Sit comfortably, close your eyes, and breathe naturally, preferably through your nose.
- Focus your attention on your breath, but do not try to change or control it.
- When a random thought barges into your head, simply label it as “a thought” and bring your attention back to your breath.

Try this for ten minutes and describe below what the experience was like for you. Did you find it difficult?

Action Steps- Wednesday

5 steps I can take between now and tomorrow to get closer to my goals.

ONE

TWO

THREE

FOUR

FIVE

3 steps I can take between now and tomorrow to support and encourage others.

ONE

TWO

THREE

3-5 steps I took today that I did very well and will move me closer to my goals..

ONE

TWO

THREE

FOUR

FIVE

I'll do this better tomorrow...

