

# How to Create a Life That Feels Good?

by Dr. Mariana Calleja

Hi!

I'm Dr. Mariana Calleja and I'm pleased you've decided to get hold of this free worksheet I've created for you. This worksheet is an easy guide to help you start understanding and analysing what you're missing or not doing in your daily routine that's affecting the way you live, work and feel, generally speaking.

Through this worksheet, you'd be required to take action, most of all. Without action on your behalf, there's low chances to get positive results. Just the same way as a medicine provided by your doctor won't make you feel better if you leave them in the pantry instead of in your mouth. Makes sense? I'm glad! So, here we go.

But, what's a feel good life? - you might be asking.

Well, it's basically a life that you can lead on regular basis, day to day, where you feel calm, in control, light, focused and rested. By no means, this is a life that's forever happy as if there weren't difficult situations in it. Instead, it's a life that teaches you daily how to feel calm, in control, light, focused and rested, no matter what life may bring your way, difficult or not. Sounds impossible? I promise you that starting the shift into this new way of living is easier than you imagine. All it takes is willpower and action. And I'll be here all along to help and support you in your journey.

Ready? Off we go!

# Step 1: Awareness

This is the key to EVERYTHING in life. Without awareness you wouldn't be able to see in the first place what's wrong, what's missing, what are you needing. Same as it happens at your job, at home, with your kid's health. We only notice when something's wrong. But there's a way to prevent you from having to reach that point before it all gets too tricky, difficult and heavy. And that's because of awareness.

Awareness is the first step to everything. This is the main tool you'll need to start noticing and eventually changing what you need to improve.

This is an art of observing your life: how many hours you sleep, how much water you drink, how much pain or "random" annoyances do you have and how frequently, how many times you pee in a day, how frequently you poop, how sad or happy do you feel daily and weekly.

Yes, all this counts. It's all the most basic stuff so you can reset and reboot your system (a.k.a your health). By sleeping the right amount of hours, drinking the right amount of water and pooping the right amount and quality, you'll have all the info you need to know if your health needs an upgrade or not. Most likely you'll need one at any level, whether physical, emotional, nutritional or more.

## Awareness Toolbox

Let me introduce you to the tool that will become your daily exercise for the next 2 weeks (if not more): THE FEEL GOOD JOURNAL

# The Feel Good Journal

Get hold of a small notebook of your preference, size and colour. One that feels nice and encouraging to you.

Every night, when in bed and before falling asleep, you'll write the next things (in any order you like):

1. Hours slept last night
2. Amount of water drank through the day
3. Ate fruit today? Yes or No
4. Ate vegetables today? Yes or No
5. Poop today? Yes or No. Describe it: was it hard, soft, loose, small, painful, smelly or mild smell? Same for pee.
6. Did I exercise, walk or did some physical activity today? Yes or No
7. How did I feel today? Happy, sad, annoyed, light, heavy, anxious.
8. What's the overall rate for today? From 1 to 10. (1 = It Sucked & 10 = GREAT!)

You will answer these questions in one page of your journal every night during 2 weeks at least (and more if desired would be awesome.) This will allow you to see the patterns your body shows according to the actions you take normally without noticing. After a few days you'll realise that maybe the day you ate tacos for lunch with a large glass of Coke gave you stomach cramps and hard stools the next day, or even the day after that! This is the magic of awareness.

You can keep this exercise for as long as you want. This is how you'll get started on practicing awareness. It might feel weird, tricky or difficult at first but it'll become fast & easy pretty quickly. I did it myself for a full year until I realised what was giving me a lifetime constipation, shifting from allergies, migraines, inflammation and bad sleeps to the complete opposite, still today, I can happily say.

# Step 2: Plan

After journaling a few days and weeks, and realising how you've been feeling both in your body and your emotional side of things, you can start taking some conclusions on what the pattern is for your day-to-day.

It's really important that before start creating your plan of action, you take the time to sit down and analyse the results that your journaling has given you. With the awareness of Step 1 is how you'll be able to come with the plan on Step 2.

What plan?

The plan to start changing, improving and adjusting the little things that gave you body sensations, little aches here and there, annoyances, bad moods, and more.

Those sugar excess that seemed to give you thirst and constipation the next two days? Less sugar and more water is what you need in that case.

Have you headaches several days during your journaling time? You probably need more water, more fruits and fibre, less fat and some exercise and fresh air. Could be that you've been overworking and sitting way too much? Well, that must explain that back pain you've been feeling too!

And because of this is that we'll be able to build your plan.

## Planning Toolbox

### Steps to Creating Your Plan of Action

1. Grab your Feel Good Journal and analyse any patterns you noticed regarding daily habits, body sensations and emotions felt.
2. Write down the things you liked.
3. Write down the things you didn't like on how you felt.
4. Decide which things you would REALLY like to change and improve, no matter how impossible they seem right now. Choose them and write them down.
5. Pick ONE of the things you want to change and make it your goal to get started on for this week. Write it down in a post it and paste it wherever you can see it EVERY MORNING (on your bathroom mirror or your coffee pot maybe?)
6. Repeat this ONE thing for a week, daily, no excuses. With a reminder and the willpower to just start shifting ONE will be enough to get you pumped and going. Sounds silly but little steps is what will take you far away. This is why big new year's resolutions barely work: because they're too big and too perfect. Begin small and keep on!
7. After a week (or more if you like) of doing thing ONE, you go to thing TWO and repeat the same process. Give yourself time to start enjoying the little new habit until it feels normal, then the next. After 4-6 weeks you have had managed to change and stick to a few new habits that will have changed the way you eat, poop, pee, move, sleep on almost daily basis.

*AWAWARENESS + CONSISTENCY = SUCCESS!*

# Step 3: Action

Action is the third and MOST important key of all.

No matter how much awareness and planning you practice, if there's no action there will be NO results.

Action is what gets you going into changing the bad habits into better ones.

Action is what will make you feel better with yourself every day after you've done your little task.

Action is even a matter of psychology if you like!

Action will take some effort, but as we agreed on step 2, you will choose small tasks, ONE BY ONE. One at a time so that the burden is not such and so you can go easily into making it happen.

Action will happen thanks to your willpower, and hopefully because you want to prevent rather than run for a solution. Action will avoid you so many headaches, stress and more, no matter how difficult it feels at first.

**Step 3 has a double Action Toolkit as you will discover below.**

**That's how important action is! You might be surprised, so please keep going.**

## **Action Toolbox Part 1**

### **Put it On Calendar**

In the next 2 pages of this document/guide you will find two printable calendars - a weekly and a monthly one.

For each THING you chose from your list of "things to improve" you will print one of these calendar as you go.

Fill them up with the main goal, the small action you will take daily and the preferred time when you'll do it. Set such details in advance so that they are no brainers. You need to focus on **JUST DOING THE THING**. Everything else will be reminded to you by this calendar you're filling up before getting started. What's the point of this? It'll be less tiring for you and non-negotiable for your brain. And off you go!

## **Action Toolbox Part 2**

### **Reward Yourself!**

No plan or action are complete until you've come back to the awareness! Acknowledging your hard work, even before you get the results is essential. This isn't easy and yet you're doing it, because you care about yourself! This needs celebrating.

Reward yourself every week after each step.

Little incentives to boost your mood & energy to keep you going!



# Feel Good Planner

## MAIN GOALS

(Write here the main things you'd love to improve according to what came up through the awareness journal.)

## ACTIONS

Ex: Journal, drink more water, eat one fruit a day.

## DON'T FORGET

(Write here things that are important to you in this process. These things will motivate you and keep you on track.)





# Weekly Agenda

Task for this week: \_\_\_\_\_

Add daily details: what, where, how & at what time.

*mon.*

*tues.*

*wed.*

*thurs.*

*fri.*

*sat.*

*sun.*

# WELL DONE!

## Congrats!

You've reached the bottom line of this guide. Whether you're just getting started and wanting to have a general overview or going through the document again as you do the exercises, you're already on track.

I applaud your effort and desire to start taking control of your health!

It's amazing (and you'll be able to find out for yourself) how the body needs very little to go a long way. This is how we realise how little we take care of it in the long run, hopefully before it's too late.

Remember: health & wellbeing are something beyond your physical body. It's also the emotional, how you feel, your thoughts and feelings. What you keep to yourself so many times might be the ONE thing that will give you aches and disease. Be aware! You can prevent so much with just this knowledge & without having to be a doctor.

You can practice this yourself and you can also make it a family thing. Putting your kids through this and helping them learn awareness of their own bodies and emotions will be GOLD in their lives. Think about it! If only they did this at schools. ;)

**I hope this guide can be as helpful for you as I desire it to be. Feel free to pass it along! A beloved one might be needing exactly this.**