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CHOOSE YOU

*turn self-care into a life-
changing habit*

APRIL 14 - 20

Hi there!

I'm so excited to have you join this Choose YOU week and focus on your health and happiness for an entire, life-changing week.

I know that it can be tough to create a habit of taking time for yourself. That's why it's so important that you make the decision before your days get hectic and crazy.

You can print and use this workbook to keep track of the commitment you make to yourself, and your progress through the challenge. Or, you use any journal or planner that you love! The important thing is to think through the questions below and to write about your progress each day.

And don't forget - to get extra entries into the challenge giveaway you'll want to fill out this survey for each day that you complete a challenge activity. Each survey completion equals one extra entry into the giveaway.

If you want to complete challenge activities, watch videos or listen to podcasts, or enter your daily activity into the giveaway, you can find that that on the Choose YOU challenge page:

<http://truly-julie.com/5848/choose-challenge-april-2018/>

To help you get this week started off right, let's get some brainstorming out of the way. Make a commitment to yourself by filling this out and keep it somewhere that you can refer back to it each day.

This is a week for you to focus on YOU. Give yourself the time, space, and commitment to make this a great week and a start to your self-care journey.

I'm committing to choosing myself because:

Every day this week I'm going to set aside 15 minutes at this time (tip: set an alarm for this time!):

This is how I will check in each day this week (tip: you can check in and keep yourself accountable by filling out the next page or by texting a friend or family member who is your accountability partner for the challenge):

My activity log

| Day | How I felt before my activity... | How I felt after my activity... |
|-----------|----------------------------------|---------------------------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |