



**W**inning  
*the*  
**W**ar  
*with*  
**M**yself

A Journey to a Fulfilled Life





## ***Nourish your Mind, Body, and Spirit***

Follow these simple steps and you too can have a brighter day, which turns into a brighter week and into a more fulfilled life. Start your own journey. You won't regret it!

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### ***Daily Meditation***

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Meditation is transformational. It can calm your mind and give you a **sense of peace** that can benefit your emotional wellbeing and improve your quality of life. The benefits do not end along with your session. Meditation continues to carry you more calmly throughout your day. It has been proven to help with anxiety, depression, keep you more focused, and is a wonderful way to start your day on a positive note.

#### ***Tips to a Successful Meditation:***

- Set aside 10 minutes, which is all you need.
- Find somewhere calm and quiet.
- Set the mood. Light a candle. Play some relaxing music or spa sounds. Feel free not to use any music and sit in quiet if preferred.
- Sit with your legs loosely crossed and your hands on your knees with your eyes closed.
- Start by taking (3) cleansing breaths. In through your nose as deeply and as comfortably as you can and out through your mouth as long as you can.
- Continue to breathe through your nose.
- Clear your mind and concentrate only on your breathing. Focus on your breath as you breathe in and as you breathe out.
- Whenever you feel your mind wander, bring your focus back to your breath.
- Still with your eyes closed, bring yourself back by slowly wiggling your fingers and your toes. Roll your shoulder back a few times and then in the opposite direction. Slowly open your eyes.

Meditate with me and enjoy a guided experience for relaxation and letting go.

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## *Daily Gratitude*

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Instead of focusing on things you may not have, focus on the things you do and be grateful for them. My daily gratitude is something that makes me smile, every day.

On my drive to work, I look out at the mountains, and I say aloud what I am grateful for. It can be anything for which I am truly thankful. I really feel the emotion behind what I am saying, as this is the driving force behind spreading good energy and feeling good.

It is important to give back to the universe, even if all you have is what you are thankful for. Start each sentence with 'I am so happy and grateful for...' And make sure to say thank you at the end.

Below are just a few things, in no particular order, that I mention each day. I am sure you have something, no matter how small or inconsequential you think it is.

- Another day without purging
- My children
- My husband's dedication to our marriage
- Specific things that had happened the day before
- My fur babies
- Living in Arizona and living a life I could have only dreamed of when I was back in England

**I am so happy and grateful for...**

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## **End Your Journaling on a Positive Note**

What was it that made you smile? Did someone do a nice thing for you? Did you receive a compliment from a coworker?

Anything that made you feel warm, encouraged or hopeful is worth thinking about.

Smile whilst you write about these good things. It is amazing how it can trick your mind into making you feel good.

A large rectangular box with a thin black border, containing 18 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the box, leaving a small margin on the left and right sides.

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## *Random Acts of Kindness*

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Doing something that makes people feel good can have a significant impact on their day. There is always an opportunity to spread some good in the world and fill your feel-good engine and brighten your day along the way.

The more you give back and create little pockets of happiness around you, the more often you will find yourself smiling and the better it will make you feel. Creating these small emotional changes can build into something bigger. Experiencing more of these moments throughout the day will make your day brighter.

Since a good deed can be as small as giving a compliment, you should be able to do something each day. Below are some ideas to get you started on your journey to a more fulfilled day.

- Pay for someone's coffee.
- Give a compliment.
- Let someone go ahead in line.
- Help a friend: baby sit, run an errand, anything they may need assistance with.
- Allow a fellow driver to merge into your lane.
- Write a thank you note to someone who will not expect it.
- Think of something you do well and use it to help someone.
- Offer to cook or clean for someone who is overwhelmed and needs help.
- Donate blood.
- Decide to make a change in yourself that will make you a better person. (being kind to yourself is important)
- Swallow your pride and apologize for something you have done.
- Praise a colleague at work.

### **Weekly Acts of Kindness**

<b>Weekly Acts of Kindness</b>	
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	



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## ***Workout Regimen***

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Exercise not only prevents weight gain but improves mood and boosts energy. It promotes better sleep and can combat many health conditions. It has been proven to be an effective treatment for those suffering from depression and anxiety.

I needed to find a healthier solution to my workouts that also gave me the results I desired.

Since my goal is focusing on being healthy, lean, and staying emotionally and psychologically strong, I needed to implement a plan that I could stay consistent with, that would give me my desired results.

Your local gym should provide some free personal training sessions to get you on the right path. If you have similar goals to me and would like to join me on my workouts, then feel free to check out my workout schedule below. Make sure to consult a doctor before starting anything new.

You can see the exercises explained in detail in this [workout video](#).

### **Warm Up**

I start with an active warm-up that includes dynamic stretches which prepares your muscles and prevents injury.

- Walk on the treadmill with no incline or outside for 5 minutes
- Followed by either upper or lower body dynamic stretching. (Determined by type of workout)

I continue to my daily circuit and finish with a brisk walk. By me completing the circuit first, my workouts are more effective for my goals. Figure out what your goals are and adjust the workout schedule accordingly.

- If your goal is better endurance, then do cardio first.
- If burning excess fat is your goal, then you will start with strength training.
- General fitness, then you can start with either.
- Looking to get stronger? Strength training will be first.

## Workout Schedule

**Monday:** Lower Body Circuit then Cardio

**Tuesday:** Upper Body Circuit then Cardio

**Wednesday:** Lower Body Circuit then Cardio

**Thursday:** Upper Body Circuit then Cardio

**Friday:** Lower Body Circuit then Cardio

## Circuit Training

Each circuit is comprised of gentle but effective exercises designed to tone and stay lean. Alternating days for upper and lower body allows your muscles to recover.

Start with (2) sets of 10-12 reps and gradually increase to (3) sets of 15 reps.

Complete 1 set of everything, then repeat the circuit until you've completed the desired number of sets.

### *Equipment Needed:*

- 2lb Ankle weights
- Mat
- Sliding discs or face cloth

Start without ankle weights to see how your muscles react to the workout. Implement the weights once you feel confident in the movement and the ease of the exercises.

### **Lower Body: Monday**

- Pelvis tilt (use an exercise ball or chair to increase difficulty)
- Sumo squat (static)
- Lunge pulse
- Plank w/ leg rotation
- Hip rotation with side kick
- Static lunge to knee raise

### **Upper Body: Tuesday**

- Pushups (begin on knees and advance once ready)
- Back squeeze
- Triceps dip
- Shoulder circles
- Cycle crunch – high leg

### **Lower Body: Wednesday**

- Wide leg pelvis tilt
- Floor lunge to straight leg
- Lunge slide
- Plank, knee tuck to leg raise
- Knee to elbow donkey kicks
- Inner thigh raise
- Zig Zag leg raise

### **Upper Body: Thursday**

- Bicep curl to press
- Back raises
- Triceps overhead
- Rotator cuff combo
- Punches
- Ankle touches

### **Lower Body: Friday**

- Single leg pelvis tilt
- Lunge to donkey kick
- Lunge rotation
- Plank w/ rotation
- Curl to donkey kick
- Skater lunge

## **Cardio**

30-45 minutes brisk walk on a flat surface.

I walk at a pace where I am slightly puffed but could maintain for long a period.

Brisk walking is great for toning and leaning out the thighs, it can tone your calves and lift your glutes.

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## ***Mood Enhancement***

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Anything you can do to enhance your mood, do it! Blasting music in your car, dancing in your seat, singing to your favorite song, keep it up. Stay in the positive moments as long as you can. Keep smiling as much as you can.

It is ok to have off days and think about things that make you unhappy. But remember to bring it back to positive thoughts.

Microbursts of good emotion is one of the building blocks to creating a good day. Filling our lives with more good days creates a happier and more fulfilled life. Keep adding those blocks and over time your foundation will be strong and full of support.

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## *Setting Goals*

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Make a checklist of goals you want to accomplish per month. One main goal a week. Reward yourself when you achieve your goal. If you are working towards your goals with a family member's support, ask them to participate in the rewards system.

Maybe it is a day trip somewhere, a book you want to read, game night, day at an amusement park. Family time, day of relaxation or a massage. You can allocate small rewards for weekly goals and a big reward if you accomplish everything for the month.

### Week 1

- Goal: \_\_\_\_\_
- Reward: \_\_\_\_\_

### Week 2

- Goal: \_\_\_\_\_
- Reward: \_\_\_\_\_

### Week 3

- Goal: \_\_\_\_\_
- Reward: \_\_\_\_\_

### Week 4

- Goal: \_\_\_\_\_
- Reward: \_\_\_\_\_

Do not feel like you must implement everything at once. Take it a day at a time and incorporate what you are comfortable with. You can slowly start building up.

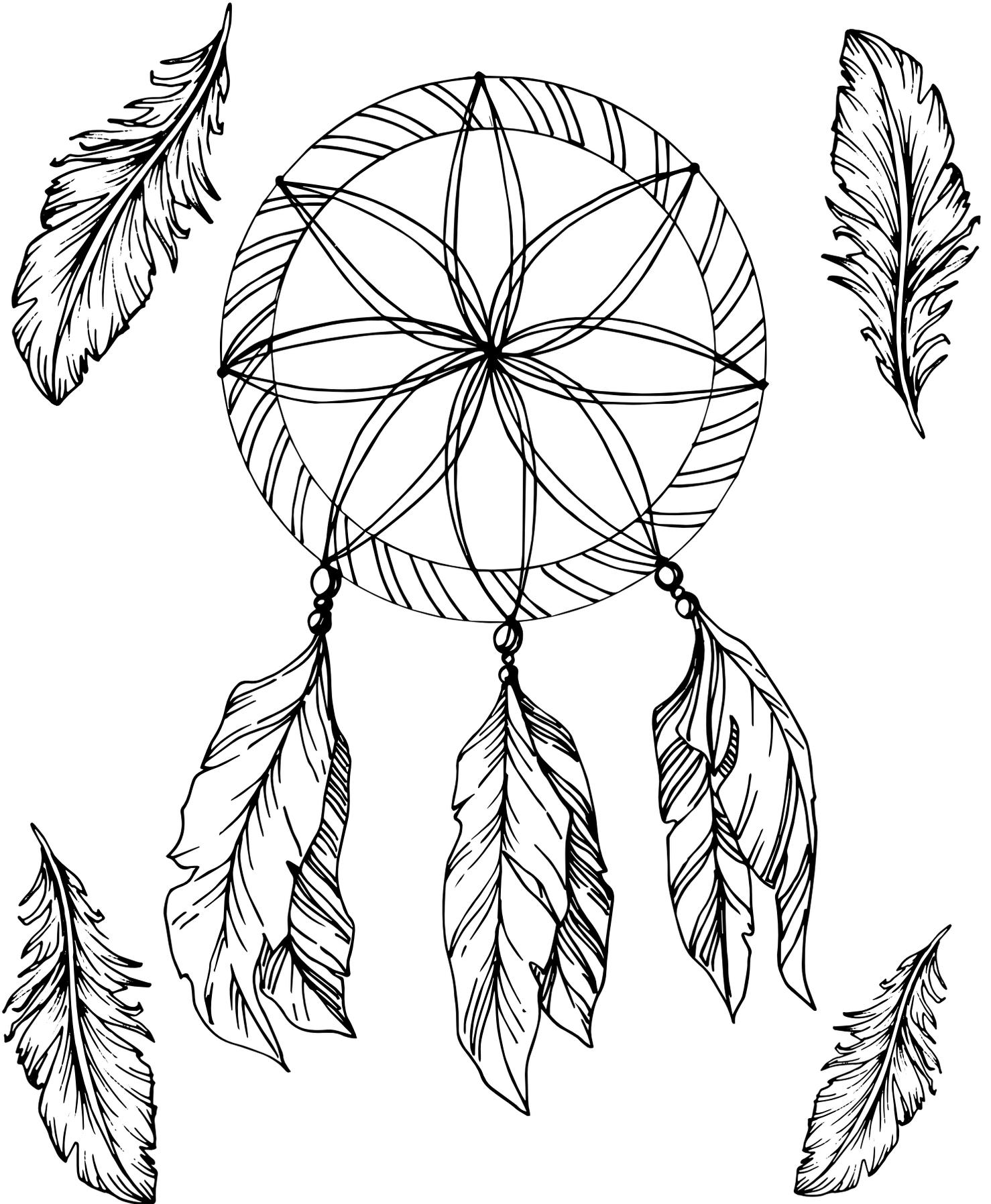
I hope implementing these tasks into your daily life makes as much of an impact on your well-being as it has on mine.

***Have a lovely day!***

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*Color Your Way to Calmness*

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## Ready for More?

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Continue on your journey to a fulfilled life with the **War with Myself... No More!** interactive journal. Coming soon!

Reach out to [shani@warwithmyself.com](mailto:shani@warwithmyself.com) to provide your feedback.

### Let's Connect



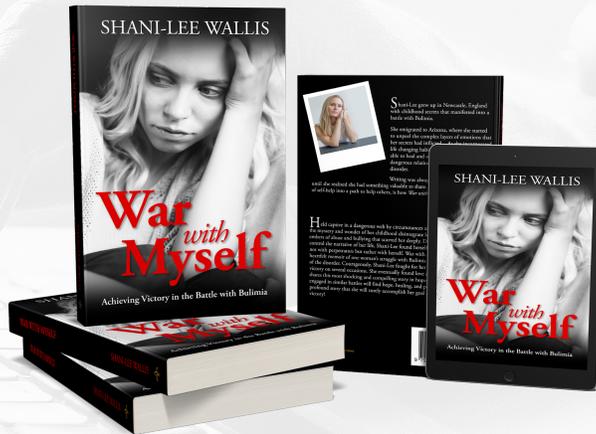
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