



LIFE

Do less in a week...

Do less in a month...

Do less in a quarter...

Do less in a year...

Take a break...

What do I seek first in the morning...

BODY

What I put in my body...

What I do with my body...

MIND

What I'm reading...

What I'm watching...

What I'm listening to...

How/What I'm learning about my unique mind...

My triggers and how I avoid them...

How I'm practicing mindfulness...

◆ GOLD STARS

P.S. My ego wants to pretend it's fine. I choose to journal + discover why I'm anxious, then I take action. Choose peace, cast out lies, create your freedom. Give yourself a gold star every time you complete this exercise:

Hilary's Journey

YOUR ANXIETY CHEAT SHEET

LIFE

Do less in a week...

- ◆ Lowered expectations of what I can do in day/week, Organized day to get more done

Do less in a month...

- ◆ Set boundaries, not working until 2am, Said no more often to invitations

Do less in a quarter...

- ◆ Slowed down life, Volunteered less, Let go of learning French this quarter, Chose present joy vs. FOMO

Do less in a year...

- ◆ Set less goals in 12 months, Accept can't create another product this year, Focus on wins vs. what I didn't do

Take a break...

- ◆ Took 4 month sabbatical, Stopped working every day while w/family, Took vacation days without working

What do I seek first in the morning...

- ◆ Don't check texts or IG, Non-business podcasts, Prayer journal

BODY

What I put in my body...

- ◆ Vitamins + supplements, GF/DF/Cleaner diet, Anxiety medication, Essential oil in purse

What I do with my body...

- ◆ Commit to a bedtime, Read novels, No work messages past 8pm, Exercise

MIND

What I'm reading...

- ◆ Essentialism, Thrive, Dr. Caroline Leaf, NPL books

What I'm watching...

- ◆ Tony Robbins Netflix, Ted Talks, The Secret

What I'm listening to...

- ◆ Anxiety podcasts, Life Coaching podcasts

How/What I'm learning about my unique mind...

- ◆ Therapy, EMDR, Psychiatrist, Empowered over brain to retrain, Can choose thoughts + thus shift feelings, Be → Do → Have

My triggers and how I avoid them...

- ◆ Smile at computer + say, "This is going to be great!", Don't text back when feeling triggered, take time

How I'm practicing mindfulness...

- ◆ Meditation, Counting breaths and breathing techniques, Prayer, When notice fearful thought, saying gratitude over that thing



A Journey to Getting Healthier

INSPIRATION FOR APPROACHING ANY AREA OF YOUR LIFE, AS HILARY DID ANXIETY

Exploring a variety of small shifts in different areas and building slowly over years

Working With An Expert

- ✦ Weight Watchers (aka counting calories/portion control)
- ✦ Hiring a personal trainer to ensure I'd show up at the gym
- ✦ Visiting a functional medicine doctor
- ✦ Getting my full blood work done

Working With Non-Experts

- ✦ Having a workout buddy for a season when a friend and I went to the same gym
- ✦ Having a workout buddy for a season when I'd meet a friend who was committed to yoga
- ✦ Since I don't cook, paying someone at church to cook for me instead of ordering takeout

Changing One Meal

- ✦ Making one meal swap like a shake for breakfast
- ✦ Switching from Dunkin Donuts to the deli, aka processed vs fresh breakfast sandwich
- ✦ Making lunch my healthy + veggie heavy meal
- ✦ Finding healthier snack options

Eating Cleaner

- ✦ Ordering takeout instead of Lean Cuisines once it was pointed out that's more processed
- ✦ Getting a vegetable steamer
- ✦ Cutting out gluten + dairy for a month to see how I'd feel
- ✦ Sticking with it 80% when I realized gluten + dairy give me horrible gas
- ✦ Taking supplements for better energy where the blood test showed deficiencies

Drinking Cleaner

- ✦ Swapping wine for sparkling water with gin or tequila
- ✦ Learning to drink my lattes with half a sugar, then no sugar
- ✦ Drinking more water

Testing New Rhythms

- ◆ Realizing I was having a drink with dinner each night simply out of habit
- ◆ Working out at different times to find the one best for me (lunch time)

Short Term Seasons

- ◆ Doing a 3-week cleanse (not juice, clean eating program with my doctor)
- ◆ Doing Dry January (no alcohol)

What do you want to heal, change or break through in your life? Start small!

Brainstorm areas you could approach it from and track any little action you take as they add up.

Plus, celebrate your wins! When do you notice it was easier to not think or feel a way you would have in the past? Small shifts can be brushed off, but noticing that growth encourages us to continue!