

———— 14-DAY ————

Hormone 📍
Weight Loss Detox

FIVE
MINUTE

Self-Care
JOURNAL

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— 14-DAY —

Hormone 🍀 Weight Loss Detox

Get Your Energy And Your Body Back



Life is busy. There's no denying that. But in order to put your best self forward to the world, you have to recognize that taking care of yourself is not something that you can sacrifice. It is a daily necessity for our bodies, our minds, and our souls.

Balancing your hormones begins with establishing a firm foundation, placing your needs first so that you can be your own best advocate. If you don't, your mood, your energy, your sleep, your weight, and your overall quality of life will suffer.

When we start to focus on each of these areas and realizing that they are all interconnected in making us whole again, we can see real changes in the way we approach our daily life. This is a steady process of learning to put yourself first and give yourself the attention you deserve. Your self-confidence will increase as a result and that will bring your health right along with it. Lowering your stress levels will exponentially increase your productivity and focus which will increase your success and happiness. Mindfulness of the areas where you are weak and the areas that help your body to function at optimum levels will help you in your reset.

Self-care rituals are all about finding moments of magic wherever you are and appreciate life in the moment. This magic of being present allows us to practice gratitude, where we can honor the beauty of each moment so that we can show up with beauty and grace. Healthy lifestyle practices and repeated awareness of where you are presently and where you are headed in life will train your brain to respond and react to opportunities when they present. Your body and your mind will begin to expect certain rituals and associate aromas with emotions.

By using essential oils to bridge the gap, you are not only supporting your body with natural remedies, but also conditioning your brain to respond with positivity and your moods to align with the moment. Essential oils allow for you to indulge your senses to deepen your moments of relaxation and rejuvenation. Essential oils act as adaptogens to support mood, hormones, immune system and overall homeostasis. They can be calming and energizing, while supporting your body on a cellular level.

But self-care only works if you put your whole self into it. You have to honor yourself to find your true success. Choose you. Find what inspires you and use that. One of my favorite quotes asserts, "Every next level of

your life will demand a different version of you.” I repeat this whenever I find myself resistant to change. Self-Care is a part of who I am, and it can be your magic, too.

THE MAGIC OF THE FIVE-MINUTE JOURNAL

Now, what if you could leverage your self-care transformation even more by verbalizing your gratitude, your inspiration, your intentions, and your affirmations? Aristotle asserted that repeated actions define who we are, so excellence is a product of our own habits. Studies have shown that daily acknowledging your gratitude helps to solidify your foundation by reducing pain, increasing self-reliance, enabling restful sleep, and enhancing self-worth. You can actually build new pathways in your brain by influencing your perceptions of the world around you. If you turn off the negative-lens and begin to view the world blessings-first, your entire world view will change along with the feel-good hormones that are a result of simply thinking about things that make you smile.

Have you ever considered how influential anticipation can be on your mood? You know, that feeling leading up to an event...the wonder, the what-if, the excitement, the energy? What if you lived your life with a daily dose of positive anticipation? Now, couple that with grounded gratitude for the blessings that you already have, and your entire energy quotient towards life shifts towards positivity. Focusing on the magic in your day and your life and that will make you magical. And who doesn't want to feel like a magical unicorn?

THE BASICS

The Five-Minute Self-Care Journal will train you to approach life with abundance and gratitude, shifting your world into a positive light. Here is a brief explanation of the basics:

Date - You will date each page so that you will be able to see your transformation and the deepening of your perceptions and gratitude over time. I have years of journals that I love to page through and see how my life has shifted as my gratitude has increased.

Gratitude - Gratitude makes you smile. Gratitude prompts you to say thank you. Gratitude are the blessings in your life. List five things each day that you are grateful for. While it may seem difficult at first, eventually you may find yourself marveling at the light reflecting off of a butterfly's wing in the daylight instead of a fluffy pillow, but every little thing counts. If it puts a smile on your face, write it down!

Daily Focus - Each day, you will choose one area where you want to amp up your experiences. It can be anything. If there is something that causes a negative emotion, think of a way to turn it towards the positive. Erasing negative energy from your life and replacing it with gratitude and

hope gives you the leverage to change your entire outlook. Dig deep. And feel free to repeat the same focus, but try a different approach to positivity until you find one that works. Stay on it until you are ready to move on.

Self-Care Rituals - Baby steps as you begin to implement your self-care routines. Resolve to introduce three new rituals each day so that you can discover which ones you enjoy the most, and then begin to implement them on a daily basis. Eventually you will be able to list them as a routine, such as your Morning or Evening Routine.

Healing Foods - This may be easier than you think since the meal plan is at your disposal, but post-detox, I want you to continue to realize the power of healing foods and how they can properly fuel your body. Choose options that make you smile, that you are excited to eat. Every now and then throw in something new that you are nervous to try. But keep the process going!

Daily Affirmation - Repeating a mantra to yourself will make it so familiar that you will begin to present yourself in this way. If your affirmation is, "I am confident," and you repeat this to yourself throughout the day, you will begin to feel more confident. Your choices and actions will become more confident. The world will begin to see you as confident. People will respond to your confidence. And guess what? This will make you feel more confident!

Share your affirmations with the Facebook group and try on other's affirmations for a day to see how they fit on you!

Direct Your Energy - Choose how to direct your energy and focus each day and put it into words. This will be your action plan for when the going gets tough and the world threatens to derail your positivity and thwart your gratitude.

Signature - Sign it. Make it official. Own it. Each day is a gift. Each day is yours to live. Choose how you start your day and fulfill your intentions.

AFTER YOU SIGN YOUR NAME...

How do you sustain those intentions? Self-Care is key, my friend. Start small and support your body with the little things while reframing your focus. Eventually these things will become habits, but until then, focus on what you can control and say "no" to the things that you can't. Here are some easy self-care reminders:

- Deep breathing when stress is high
- Move your body
- Fuel with real food

- Hydrate
- Oil up to support your mood
- Celebrate successes
- Smile at the world, and it will smile back at you. Smiles are infectious!
- Complement 3 people each day. It breeds smiles and smiles are free endorphins.
- Meditate or Pray
- Express gratitude. Go one step further from your journal and tell people, “thank you.”

SELF-CARE IS HEALTHCARE! AND YOU ARE THE BOSS!

The Five-Minute Self-Care Journal

Today, Monday, January 1, 2018

I am grateful for...

1. Lavender essential oil on my fluffy pillows
2. A career that I love!
3. My high-powered blender
4. Sunset walks with my best friend
5. Fresh veggies from the Farmer's Market for my breakfast smoothie

Today, I want to experience more of:

laughter instead of anger when things don't go my way

My 3 Self-Care Rituals for today are...

1. Green Smoothie for breakfast and matcha green tea
2. Hiking for 30 minutes after I finish work
3. Epsom Salt Bath with Lavender and Clary Sage before bed

I plan to eat these healing foods today...

1. Avocado Salad
2. Salmon with lemon
3. Green Smoothie with blackberries

Daily Affirmation

I am... strong enough to handle whatever challenge comes my way.

For me to focus my energy, the most important thing for me to remember today is...

To take one task at a time and not get overwhelmed by my to-do list today.
I need to practice my deep breathing at the top of every hour for one minute
so that I can keep my stress levels under control and find success in my day

In order to find balance, today I will recognize my moods, follow my inspiration, and honor my body with self-care rituals and healing foods.

x Mariza Snyder

Today, _____

I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Today, I want to experience more of:

My 3 Self-Care Rituals for today are...

1. _____
2. _____
3. _____

I plan to eat these healing foods today...

1. _____
2. _____
3. _____

Daily Affirmation

I am... _____

For me to focus my energy, the most important thing for me to remember today is...

In order to find balance, today I will recognize my moods, follow my inspiration, and honor my body with self-care rituals and healing foods.

X _____

Today, _____

I am grateful for...

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3. _____
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Today, I want to experience more of:

My 3 Self-Care Rituals for today are...

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I plan to eat these healing foods today...

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Daily Affirmation

I am... _____

For me to focus my energy, the most important thing for me to remember today is...

In order to find balance, today I will recognize my moods, follow my inspiration, and honor my body with self-care rituals and healing foods.

X _____