

Seeking Joy

A guide to intentional health, wellness,
beauty, and productivity.



PLAN IT ~ BELIEVE IT ~ DO IT ~ ACHIEVE IT!

THE BEGINNING

Today

August 2021

Age 72

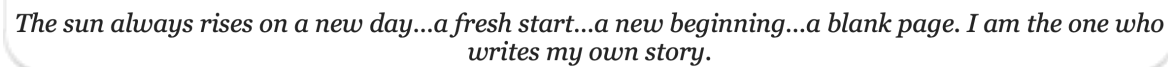
In many areas of my life, I am happy and at peace. Like many of you, I know that I am richly blessed. I have a loving husband by my side, two warm and welcoming homes, a loving son and a precious daughter-in-law, decent health, and mental acuity.

The *global pandemic* of COVID-19 has been very challenging. My husband and I have been isolating; as a result, we are home-bound and mostly sedentary. We have cooked A LOT to keep ourselves busy. We made good food and I have maintained, but not lost weight. We have isolated for 17 months. I resigned my gym membership and though curbside pickup is wonderful, when someone else shops for you, the quality of fresh produce is often not up to par.

So, what's missing for me? I want to be healthier and more motivated to care for myself physically. I want to eat clean, perform mild exercise regularly, and lose weight. I am hopeful that this journal will help me focus on my journey to physical health, which will improve my emotional health. I hope that my journey will help you with yours. So, come join me!

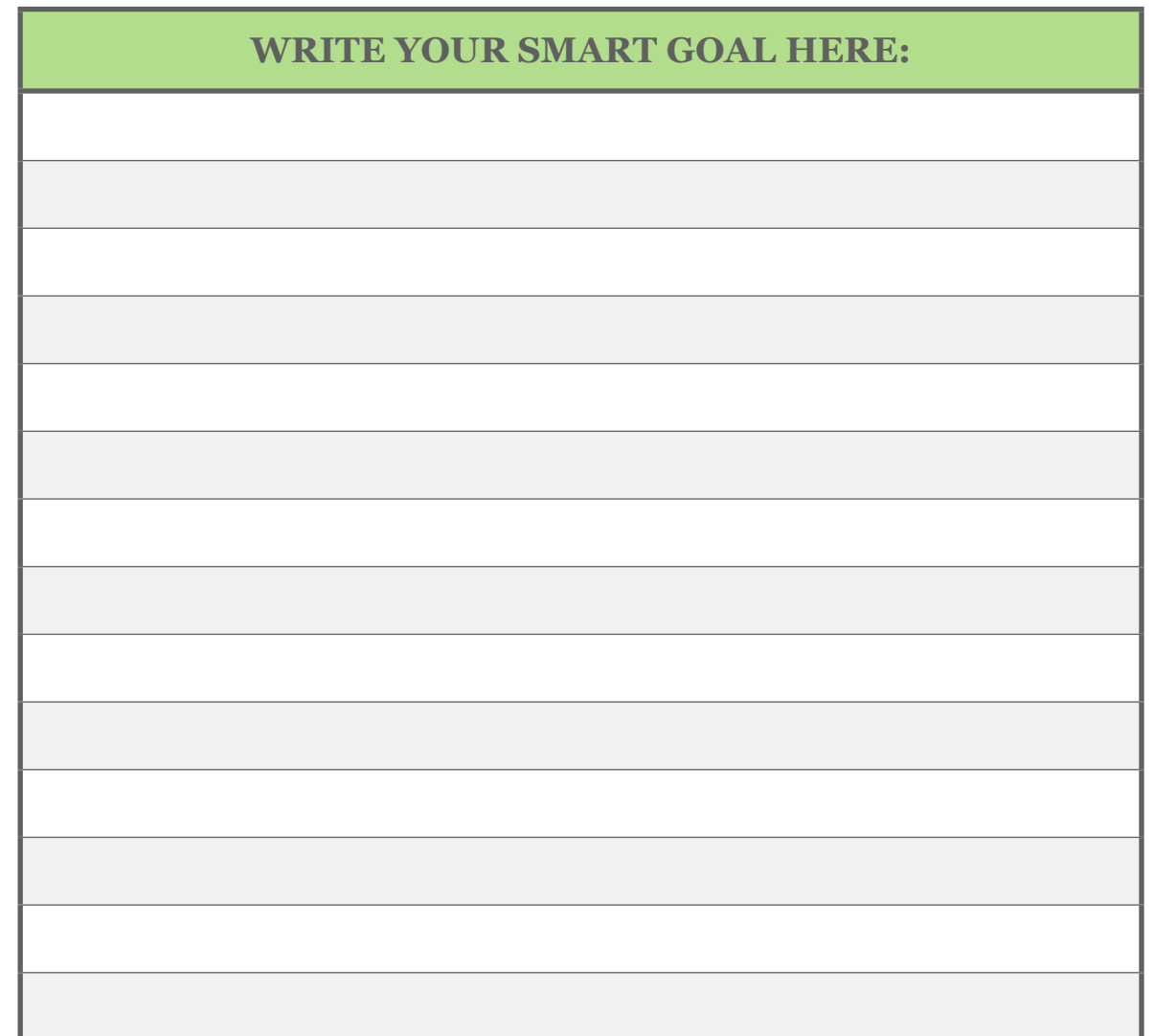


Set Goals



Take the time to write your **SMART** goal(s).

Time-Bound: I will lose 20 pounds by January 1, 2022.



Lose Weight

Plan for Success 1: Think it Through

- Drink water
- Take vitamins
- Count: points , calories, carbs ~ what works for you
- Plan meals
- Eat a planned breakfast
- Enjoy a balanced lunch
- Sit down to a lighter dinner
- Eat more fruits and veggies
- Consume fewer carbs
- Be mindful of fats: healthy? unhealthy?
- Keep snacks light, flavorful, nutritious

Plan for Success 2: Make Meals Appealing

- Set a pretty table.
- Eat dinner at the table, not on the run.
- Make food visually appealing.
- Find a pretty water glass.
- Use a smaller plate.
- Take time to really taste and enjoy the meal.

Plan for Success 3: Plan Ahead

- Plan meals.
- Plan shopping lists.
- Eliminate temptation foods.
- Use a weekly meal chart.
- Keep a log for accountability
- Take a before picture.
- Be accountable on an app or to another person.

Plan for Success 4: Reward Myself

- Plan rewards.
- Reward 5/10/25/50 pounds.
- Make them worth achieving.
- Keep it fun!



Planning makes it happen!

Three healthy meals each day and one healthy snack.

- 🍷 Use your “healthy living” cookbooks.
- 🍷 Explore different weight loss websites. Some are free.
- 🍷 Keep track of carbs and fats.
- 🍷 Plan ahead and shop ahead...no excuses!
- 🍷 Make meals appealing
 - 🍷 Eat at a pretty table.
 - 🍷 Use a small china plate.
 - 🍷 Treat yourself like a guest!



	Breakfast	Lunch	Dinner	Snack	
Sun					Water: Exercise: Vitamin:
Mon					Water: Exercise: Vitamin:
Tues					Water: Exercise: Vitamin:
Wed					Water: Exercise: Vitamin:
Thur					Water: Exercise: Vitamin:
Fri					Water: Exercise: Vitamin:
Sat					Water: Exercise: Vitamin:

Shop Intentionally!

Proteins	Dairy	Grains	Snacks
Beef, lean	Almond Milk	Barley	Almonds
Caviar	Butter	Bread	Edamame
Chicken	Cheese:	Cereal	Pistachio nuts
Eggs	- cheddar	Oatmeal	Popcorn
Impossible burger	- Colby jack	Pasta	Tortilla chips
Lentils	- mozzarella	Pita	Veggie chips
Pork	- Parmesan	Pizza dough	
Sashimi	- pepper jack	Quinoa	
Shellfish	- Swiss	Rice	
Sushi	Cottage Cheese	Tortillas	
Tofu	Creamer		
Turkey breast	Half & Half		
	Ice Cream		
	Laughing Cow		
	Milk		
	Neufchatel		
	Ricotta		
	Sour Cream		
	Whipping Cream		
	Yogurt, Fat Free		

What’s on your list? I print this front/back and highlight items I need.

Fruits	Fruits	Veggies	Veggies
Apples	Raspberries	Artichokes	Nori
Applesauce	Strawberries	Asparagus	Okra
Apricots	Tangelo	Bamboo shoots	Onions
Bananas	Tangerine	Beans	Parsley
Berries	Watermelon	Beets	Peas
Cantaloupe		Broccoli/rabe	Peppers
Cherries		Broccolini	Pickles
Cranberries		Brussels sprouts	Pimentos
Figs		Cabbage	Potato
Grapes		Carrots	Pumpkin
Kiwi		Cauliflower	Radishes
Lemon		Celery	Rutabaga
Lime		Corn	Salsa
Mango		Cucumber	Sauerkraut
Melons		Edamame	Scallions
Nectarine		Eggplant	Shallots
Oranges		Fennel	Spinach
Papayas		Fish	Sprouts
Peaches		Garlic	Squash
Pears		Ginger	Tomatillos
Pineapple		Heart of Palm	Tomatoes
Pluots		Jicama	Turnips
Plums		Mushrooms	Water chestnuts
			Watercress

Avoid Impulse Shopping

Here is another way to organize your shopping list.

Produce	Dairy
Meats	Canned Goods
Household	Miscellaneous



Helpful tips:

- Have a list prepared.
- Stick to the list.
- Don’t shop when you are hungry.
- If possible, don’t shop with your child or a partner who adds unplanned/unhealthy items to the basket.
- Try to shop the perimeter of the store and avoid the aisles as much as possible. The perimeter has dairy, proteins, and produce, while the aisles contain the processed foods.
- Avoid foods that have more than 5 ingredients or have cartoon type labels. Less is more in this case.
- Your grocery cart should resemble the food pyramid ~ lots of fruits and veggies!
- If you “eat the rainbow”, your cart will be visually appealing. ..that makes me happy and excited to cook.
- Prep foods for cooking or snacking as soon as you get home, that way there is no excuse.

- Enter exercise in the calendar
- Figure out which is better...a.m. or p.m.
- Decide on how many days per week

- Plan small increments throughout the day
- Move to longer increments
- Move to more days throughout the week
- Aim for 4 or 5 days consistently through the week.
- Use what you have. I have:
 - Apple TV Exercise modules
 - Apple Watch
 - Walking shoes
- Track Progress
 - Chart progress of steps from Apple Watch or FitBit, for example.
 - Set goals for improvement.
 - Plan to be accountable to someone.
 - My person will be _____

- Good walking shoes.
- Exercise clothes.
- An outfit in a new, smaller size.



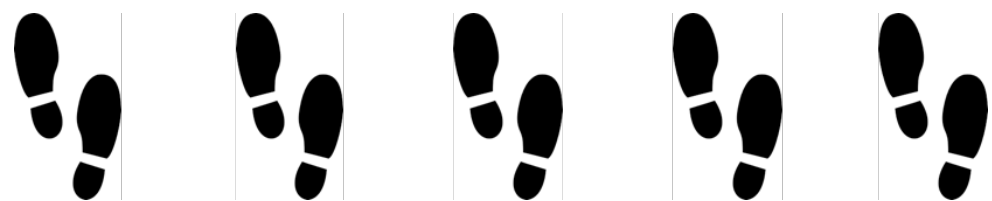
WRITE YOUR SMART GOAL HERE:

[illegible]

ONE STEP AND ONE DAY AT A TIME

Walk one million steps!

Lace up those walking shoes...we can do it!



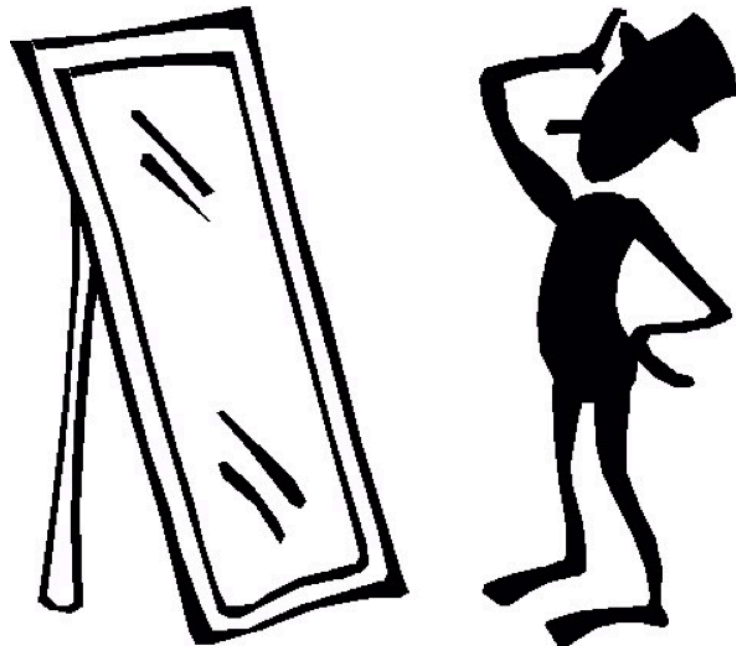
Month	Steps Taken
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	
TOTAL	

Month: _____	Steps Taken
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
TOTAL # of Steps	

Feel Pretty

Put in the effort!

When I look better, I feel better. Doing simple things not related to weight loss or exercise make me feel better, more confident, and more willing to put in the time and sweat-equity needed to accomplish Goal 1 and Goal 2. So dress for success, even when you have nowhere to go!



Morning:

- Stretch.
- Exercise or go for a brisk walk.
- Strength work when scheduled.
- Weigh in.
- Eat a healthy breakfast.
- Take vitamins.
- Daily skin care and beauty routine.
- Drink your water!

Midday:

- Eat a light lunch.
- If you have been sitting all morning, stand up and stretch.
- Take a few minutes to intentionally relax or meditate.
- Drink your water!

Evening:

- Eat dinner on a pretty china plate. Garnish it ~ why not?
- Enjoy your water in a pretty wine glass.
- Soak in a warm bubble bath and relax.
- Daily skin care and beauty routine.
- Drink your water!

Regularly:

- Schedule a manicure and pedicure.
- Enjoy a massage.
- Get a hair cut.

Annually~ Schedule your:

- Pap Smear
- Mammogram
- Eye exam
- Yearly physical exam and blood work
- Colonoscopy, if needed.

Who am I?



I love sunflowers! I love everything about them. I am drawn in by their warm colors of gold and chocolate. Mostly, I love the fact that they got their name because they follow the sun. The golden face of the sunflower faces the sun throughout the day. When the flower opens in the morning, it faces East and continually follows the sun until it ends the day facing West as the sun sets.

What I have realized is that if I live life like a sunflower, I will be happier. Do this with me. Stand outside on a sunny day. Now turn to face the sun. Where is your shadow? Behind you. The message here is that when we face the sun like a sunflower, life's shadows ~our challenges~ fall behind us.

Today, all of us spend so much time engaged with our digital devices. I have adopted the sunflower as my graphic/digital signature. My hope is that people will associate me with this cheerful flower and when they do, they smile.



Put a sample of your graphic signature here.

A large, empty light blue rectangular box with rounded corners, intended for a graphic signature.

Moving Forward

Planning Intentionally for Success ~ I will:

Summary

- **Diet**
 - Weigh in each week.
 - Chart weight.
 - Take measurements and record them.
- **Make time for health**
 - Schedule exercise.
 - Take time to plan and prep healthy, balanced meals.
 - Keep healthy foods prepped and ready to use.
 - Have healthy snacks ready to grab.
- **Take action for good health**
 - Check out a gym.
 - Make a dental appointment.
 - Make an appointment for a mammogram.
 - Make an appointment for an eye exam.
 - Make an appointment for a gynecological check up.
 - Schedule a colonoscopy when appropriate.
- **Plan for relaxation**
 - Listen to music for relaxation.
 - Read for recreation.
 - Turn off the TV.
 - Plan one fun activity or get away each month, if possible.
 - Schedule a massage.
 - Make time for hobbies.
- **Set aside time for personal appearance**
 - Establish a good skin care routine morning and evening.
 - Whiten teeth.
 - Condition hair.
 - Get manicures and pedicures regularly.



No Detours...NONE!

- **Diet**

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- **Make time for health**

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- **Take action for good health**

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-

- **Plan for relaxation**

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

- **Set aside time for personal appearance**

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The scale does not determine my success!

Ask yourself:

- How am I feeling physically?
- How are my clothes fitting?
- Am I losing inches?
- Am I feeling good emotionally?
- Am I able to increase my exercise?
- What do my selfie pictures show?
- Am I celebrating myself?
- and only then,
- What is the scale saying?



Inches	January	February	March	April
Neck				
Upper Arm				
Chest				
Waist				
Hips				
Mid Thigh				
TOTAL +/-				
Inches	May	June	July	August
Neck				
Upper Arm				
Chest				
Waist				
Hips				
Mid Thigh				
TOTAL +/-				
Inches	September	October	November	December
Neck				
Upper Arm				
Chest				
Waist				
Hips				
Mid Thigh				
TOTAL +/-				

Create a Vision Board



Keep your goals front and center!

What is a Vision Board?

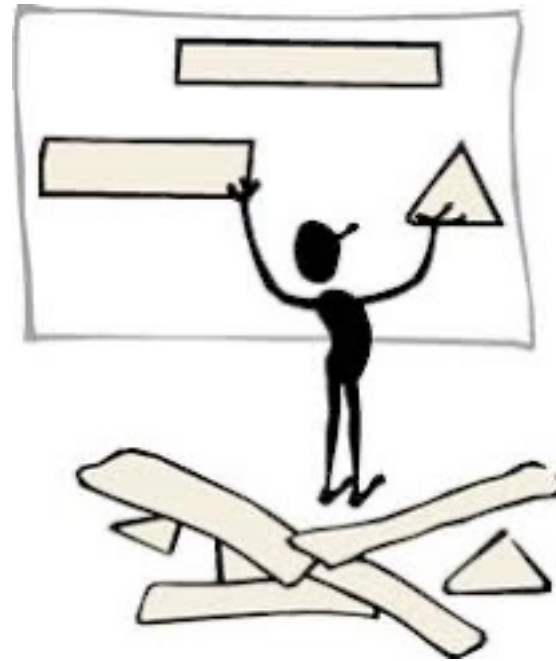
Simply put, it is a visual representation of your goals. A Vision Board is a collage of images and words that you display in a prominent place to remind you WHY you do what you do every day. These pictures and words should spark your motivation and remind you of your values, goals, and dreams. It should be sprinkled with things that inspire you or leave you feeling happy.

I think a vision board is particularly important while so many of us are still staying close to home due to the pandemic. The items you put on your board have the ability to transport you from your home into the physical/emotional places you want to be.

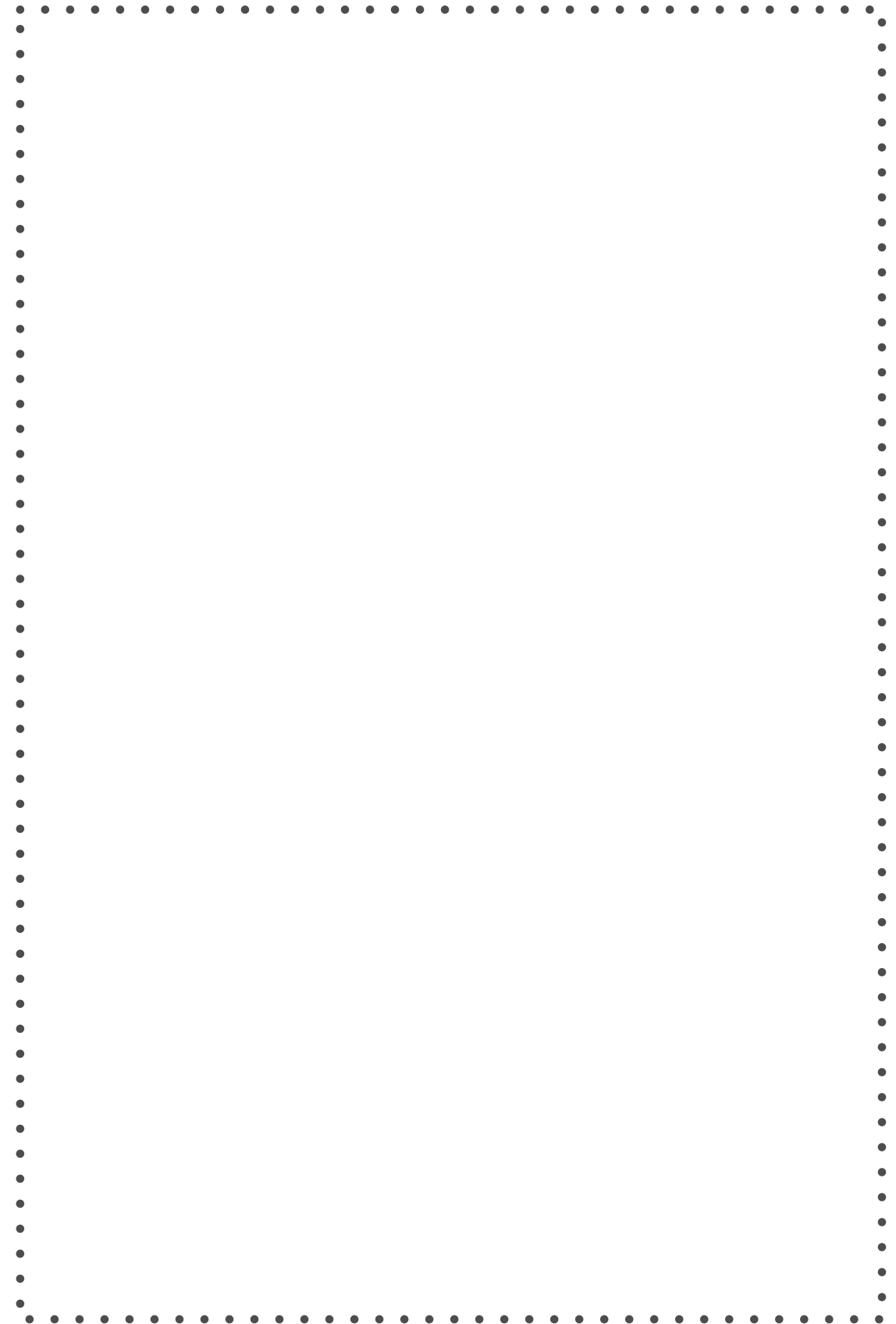
Currently my vision board has:

- a copy of my contract (following),
- a sunflower picture or two,
- a picture of the Austrian alps, my favorite place in the world,
- inspirational sayings for encouragement,
- a picture of a dress I want to fit into,
- a picture of my favorite cruise ship,
- pictures of my dream kitchen,
- swatches of color I plan to use in my kitchen remodel,
- a list of ideas for my blog,
- sticky notes of things I jot down on the run,
- pictures of those I love,
- pictures of the animals that visit my home

What sparks your
happiness and makes you
smile?



Jot down some ideas for your own Vision Board.



Have a Contract with Yourself!



Here is a copy of the contract I signed with myself. What does yours say? Take some time to write one that speaks to you. Print it and put it on your vision board.

I hereby commit to living a joy-filled life. I will participate in a program of regular exercise, including a minimum of 80 minutes of activity over the course of a minimum of four days each week. I will focus on challenging my abilities in the pursuit of strengthening and improving my physical performance.

I will endeavor to be conscious of when I eat. I will allow myself one planned, healthy snack per day. I will stop eating at least two hours before bedtime.

During the day, if tempted to snack, I will ask myself if I am physically hungry or if I am emotionally hungry. I will be aware of why I eat, and will, to the best of my ability, eat primarily to satisfy my nutritional needs as opposed to my emotional needs.

I will do my best to make healthful food choices by substituting foods that are nutritionally empty with those that are rich in nutrition.

I will focus on my whole self; in addition to diet and exercise, I will take time for emotional and physical self care.

I realize that the rewards of this contract are solely those associated with the reflection of the strength of my character and of my determination to live my life joyfully.

Signature

Date

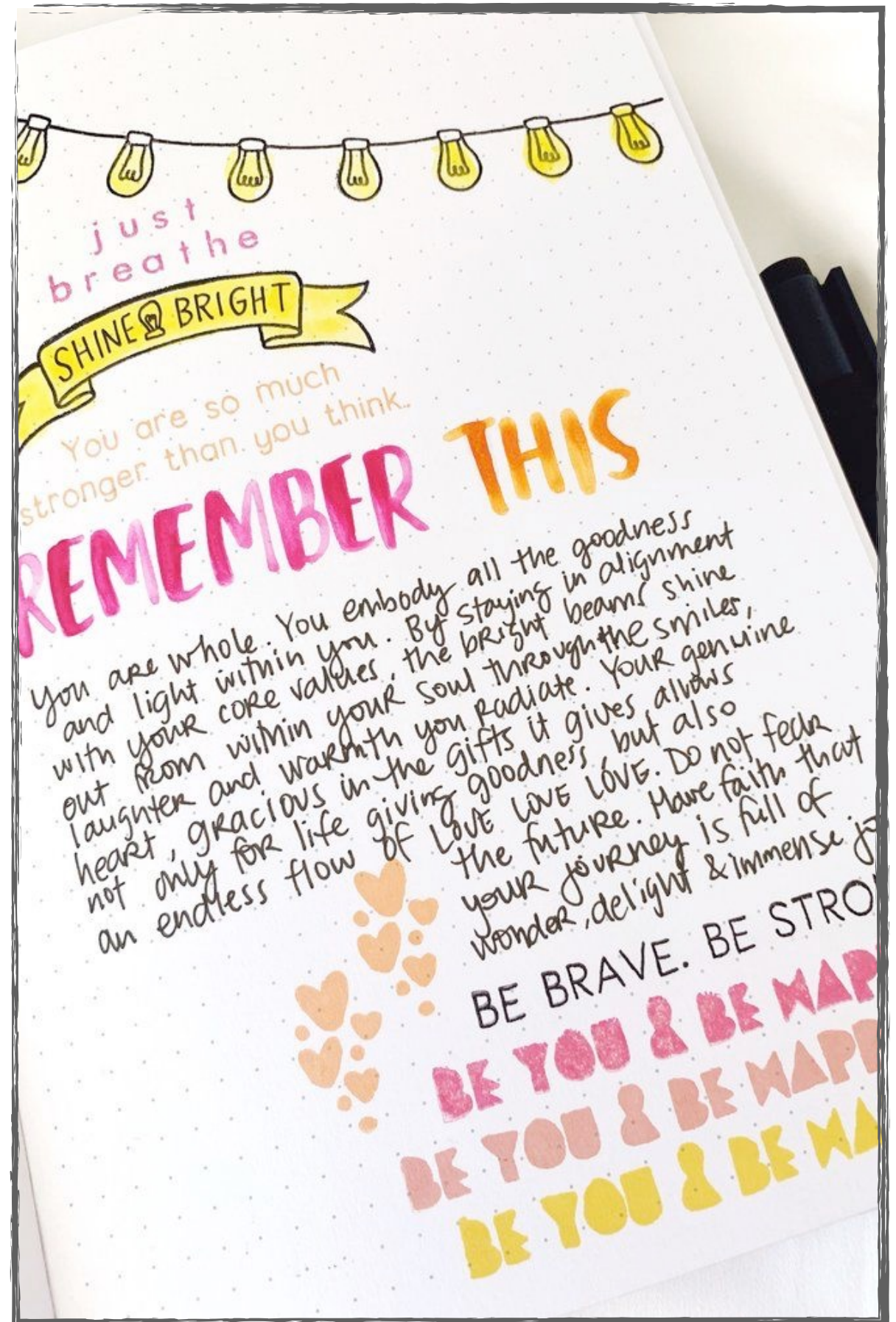
Journal your Joy!

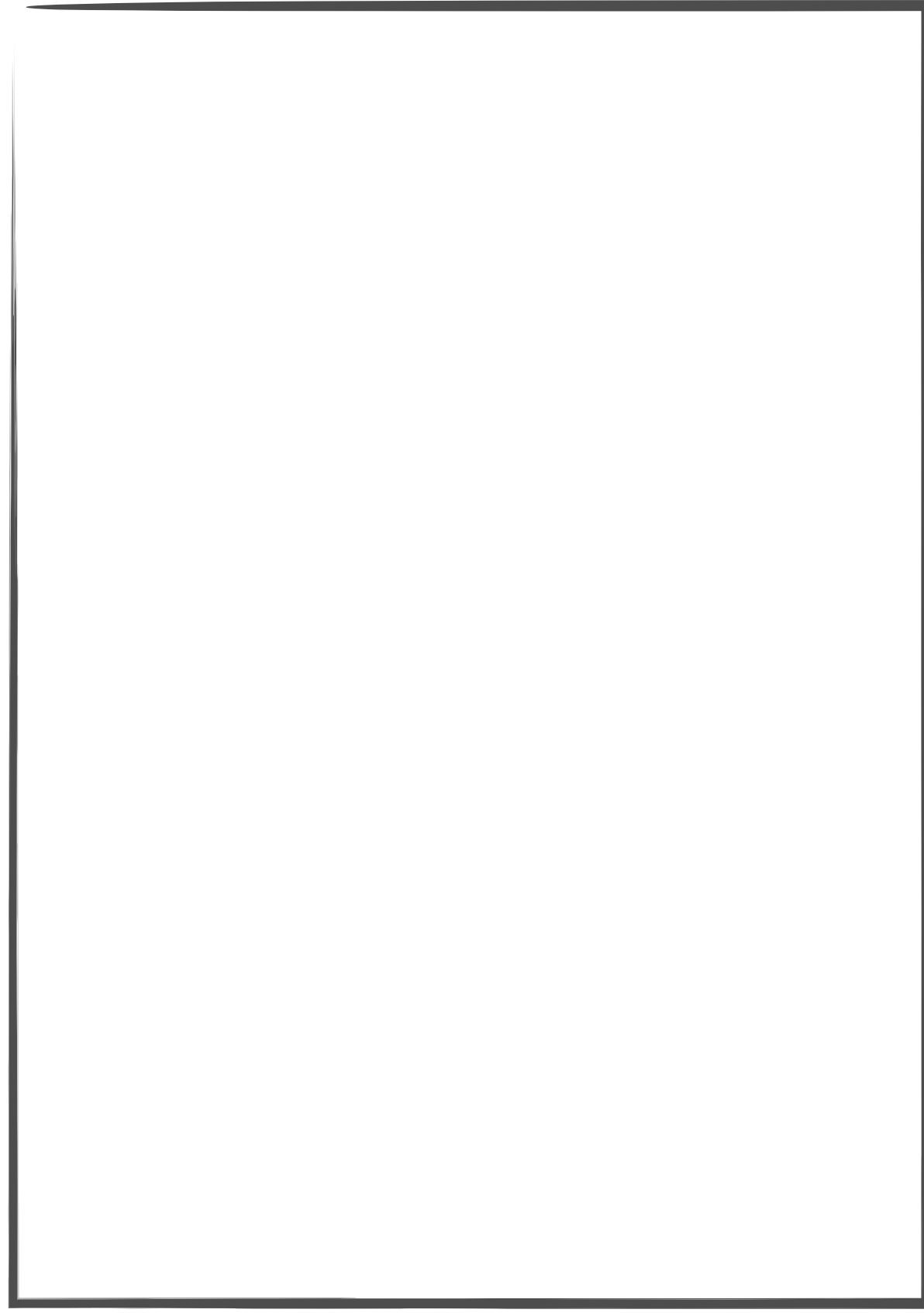
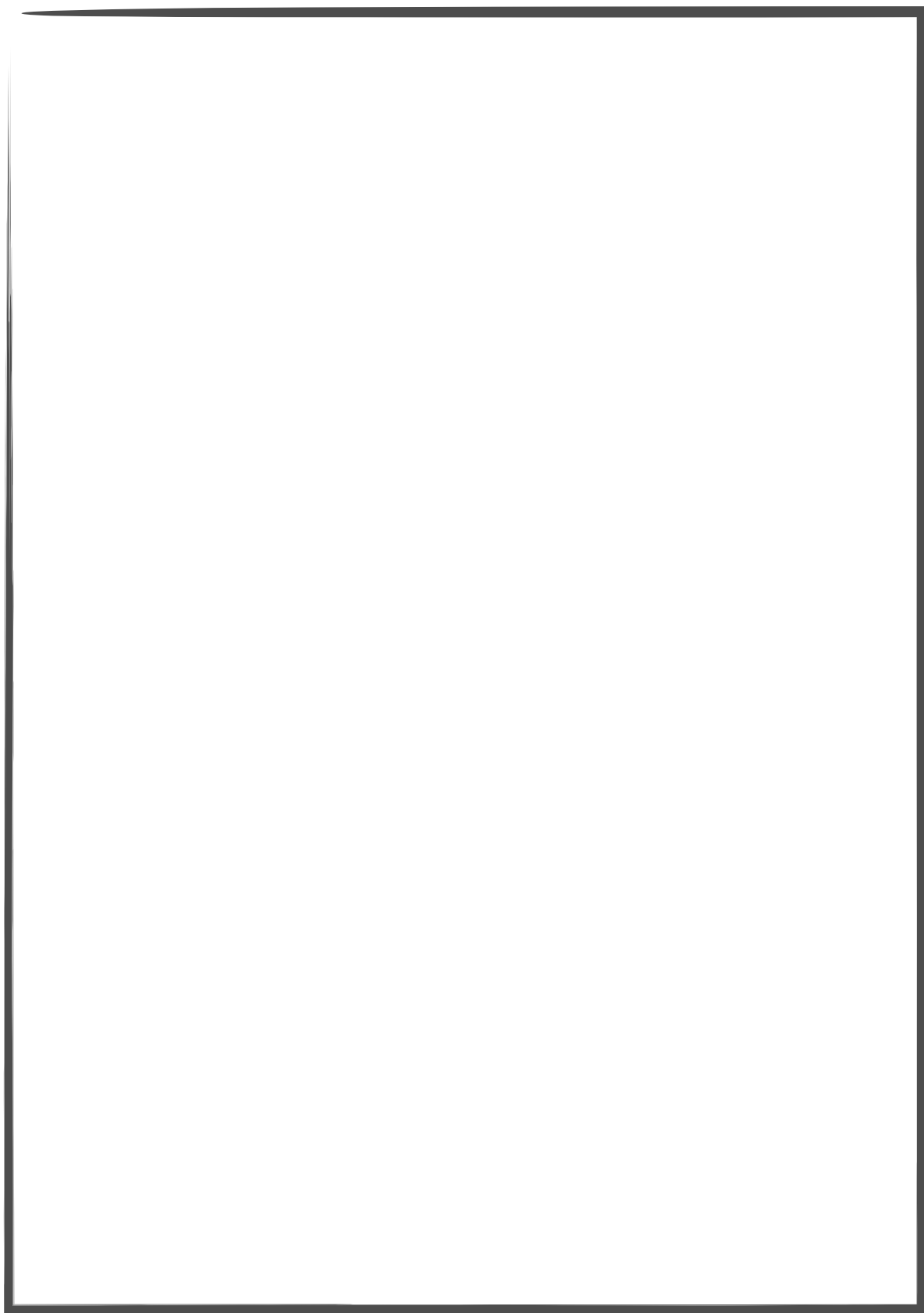


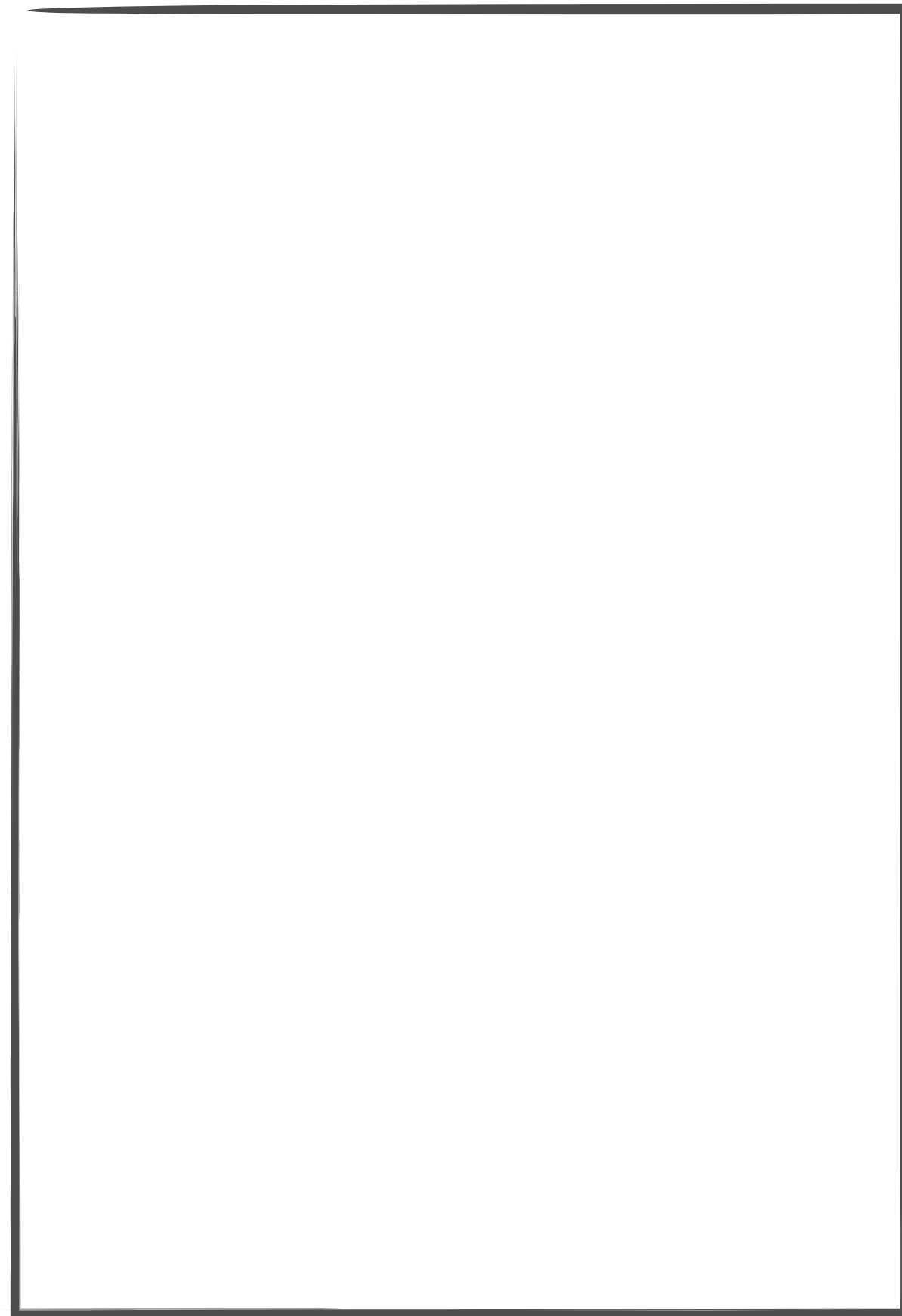
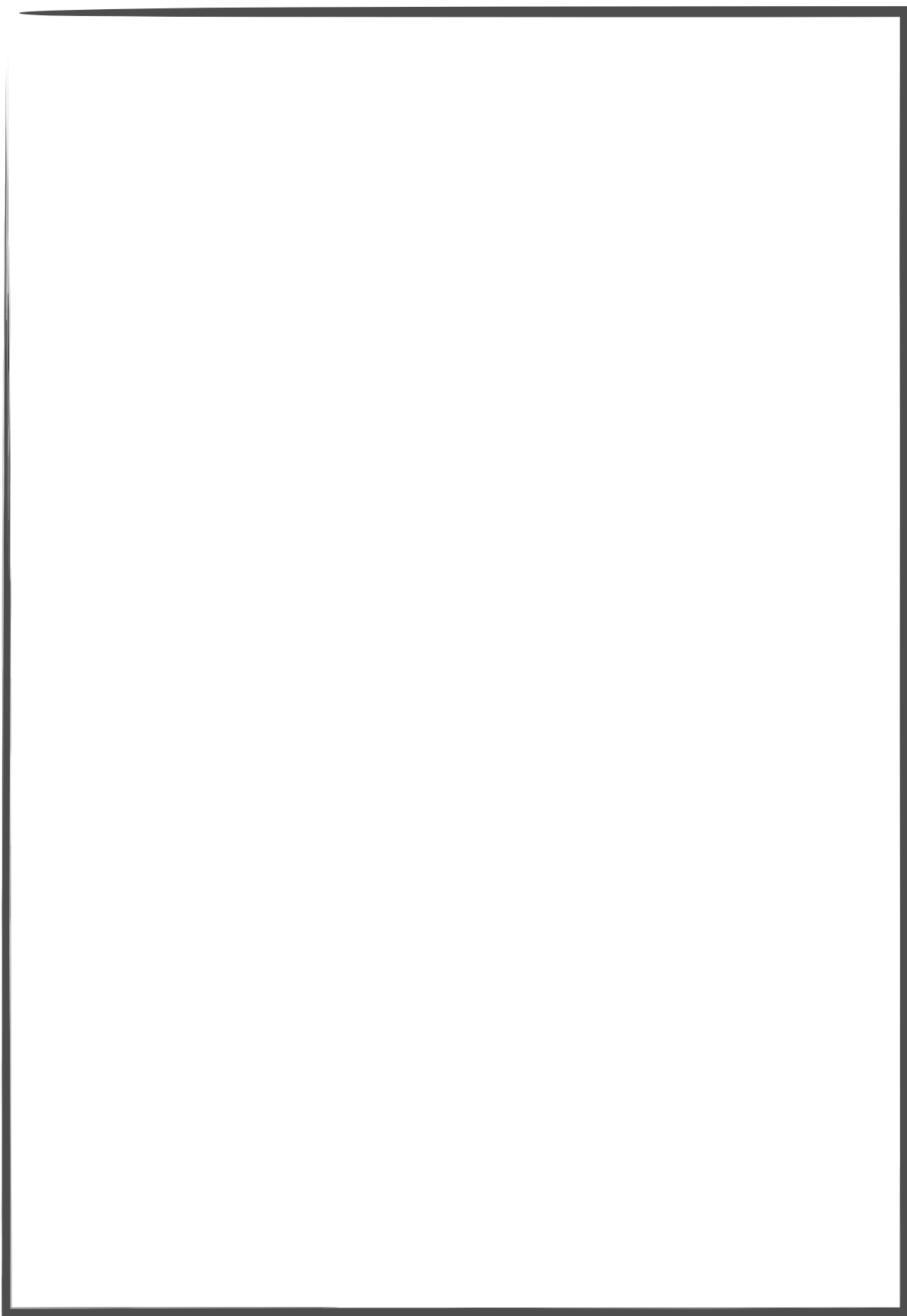
As you move through your personal journey toward health, think about your experiences. Record your struggles, your successes, your fears, your triumphs. The act of journaling helps keep us focused on the “WHY” :

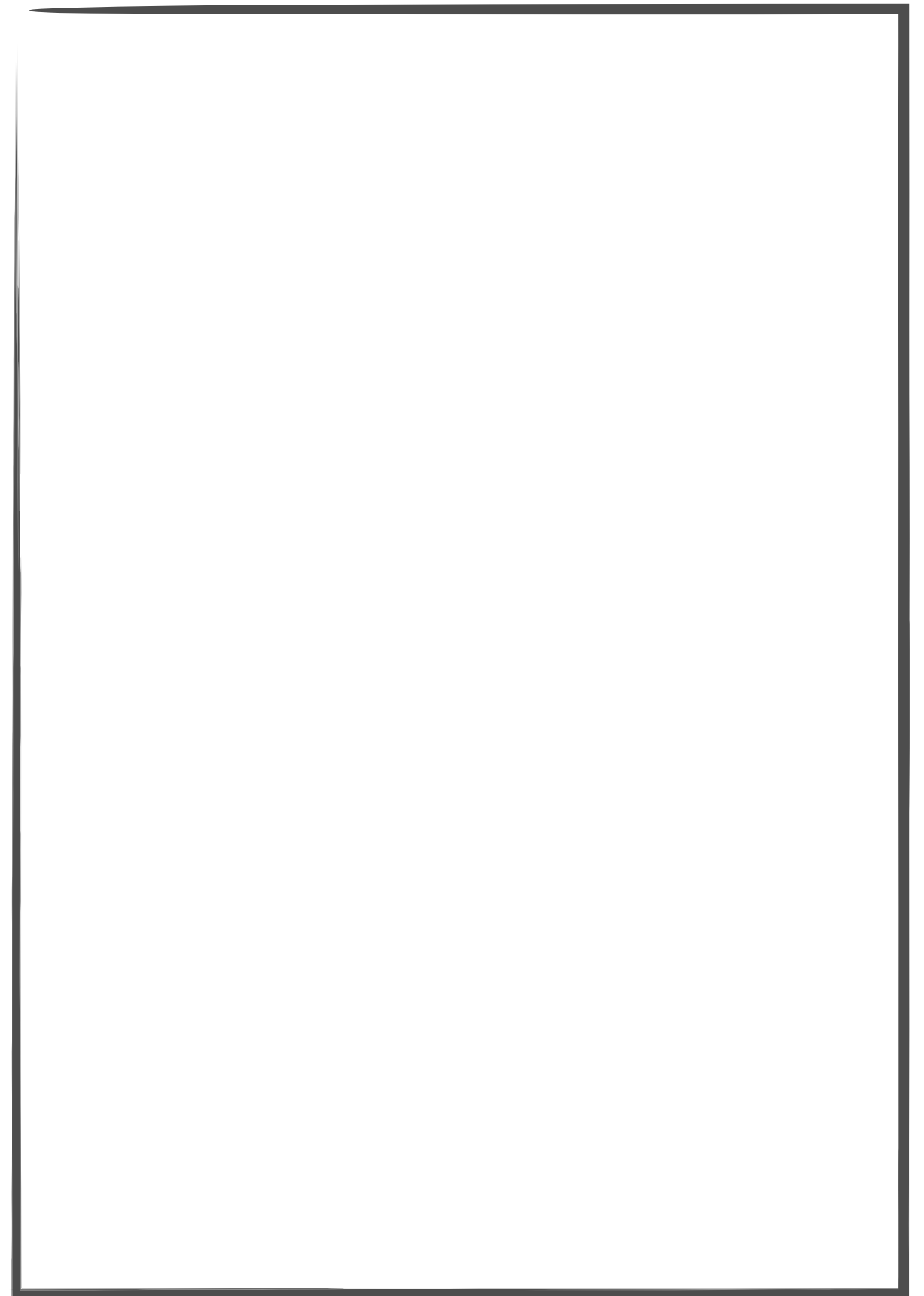
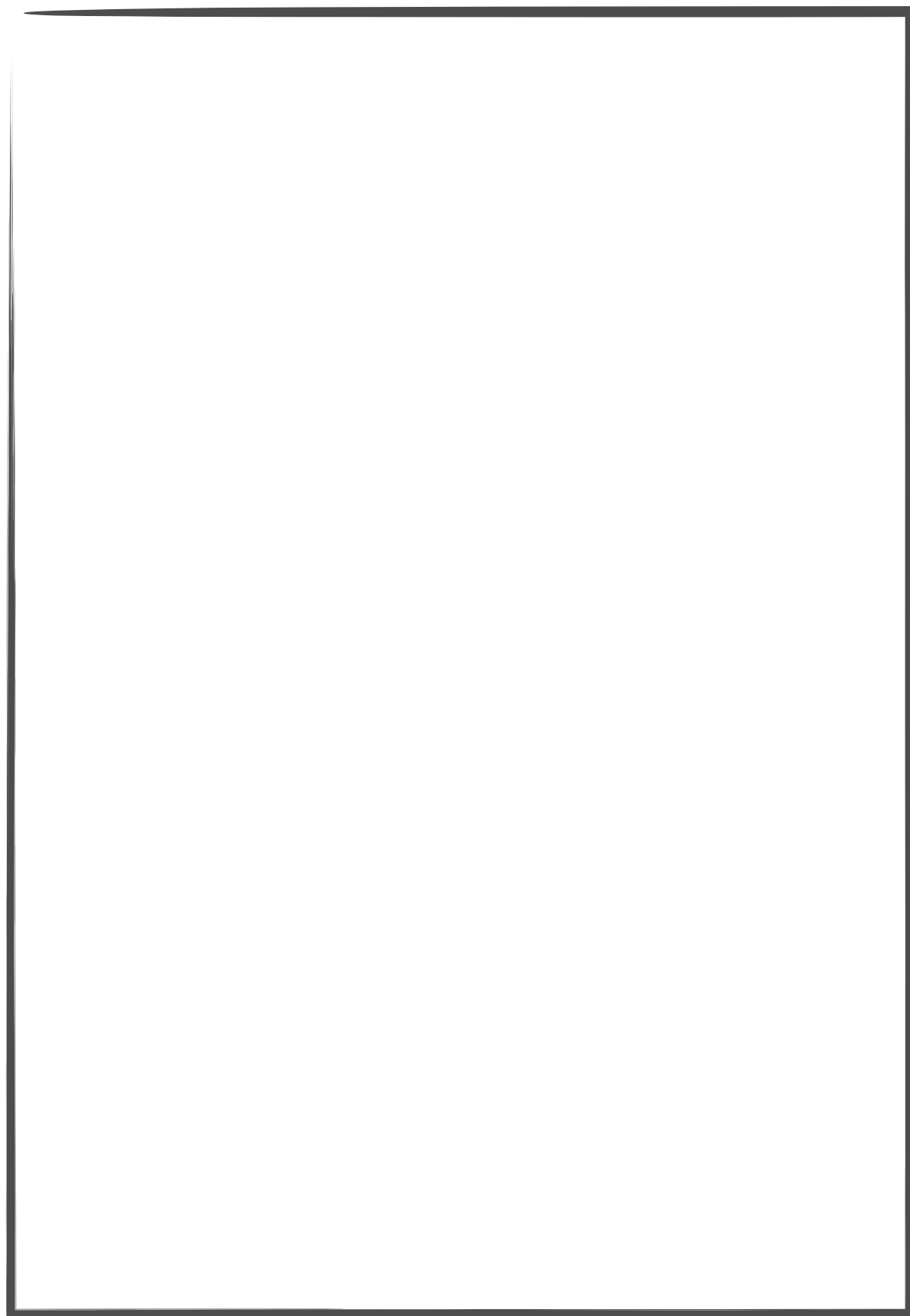
- ~ why am I doing this?
- ~ why is this important to me?
- ~ why am I feeling the way I am feeling?
- ~ why did this strategy work? not work?

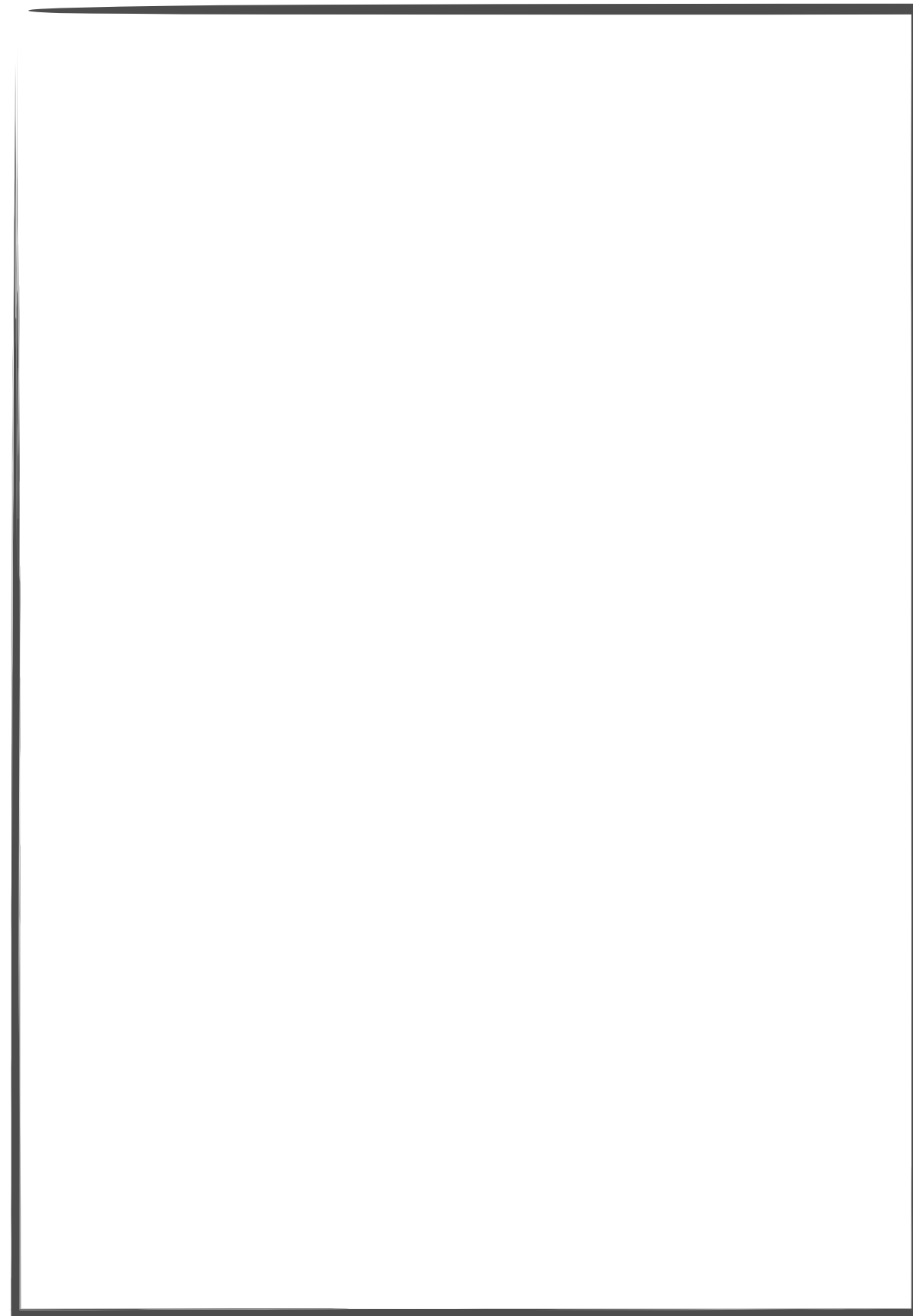
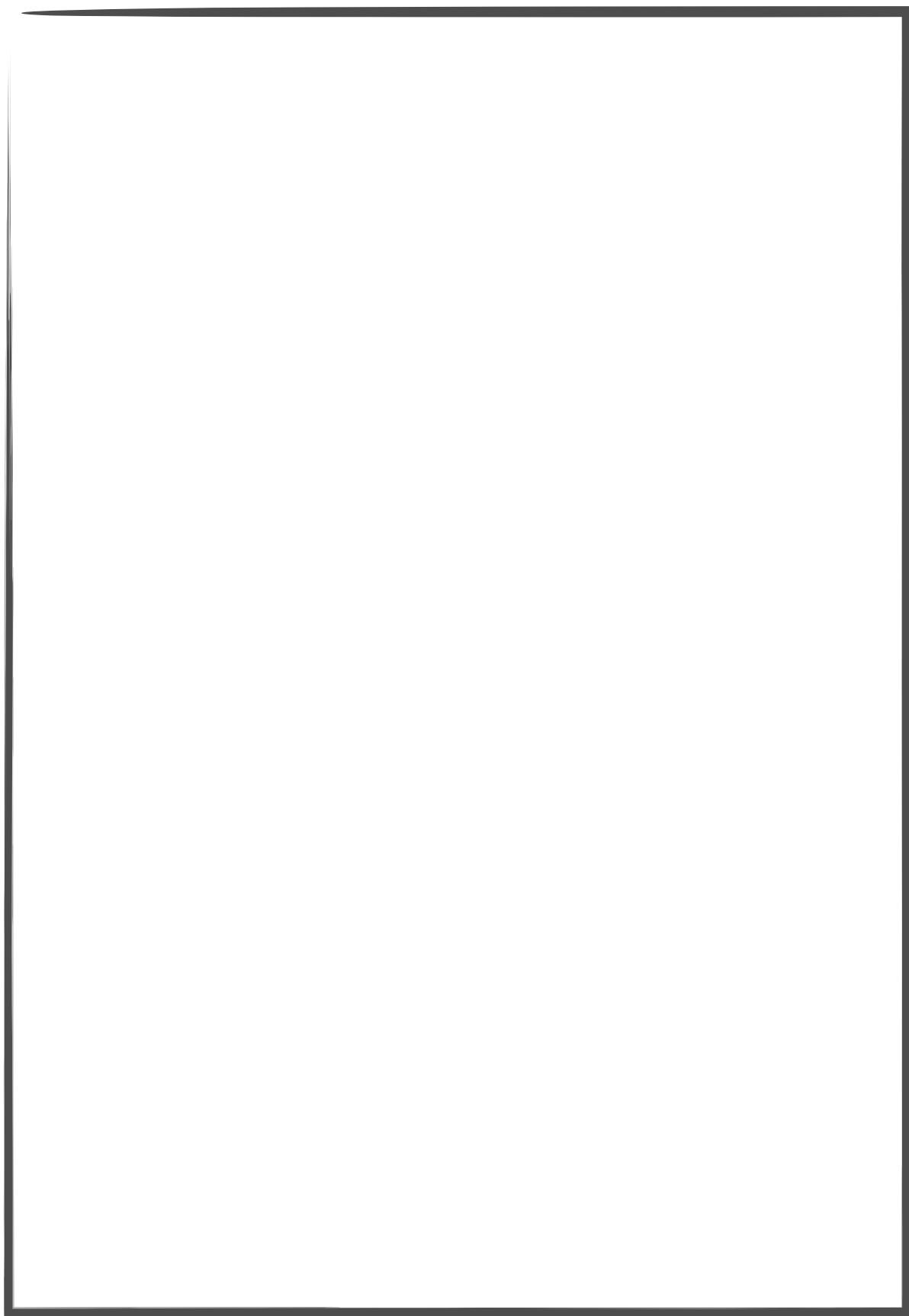
Following are some pages to get you started.

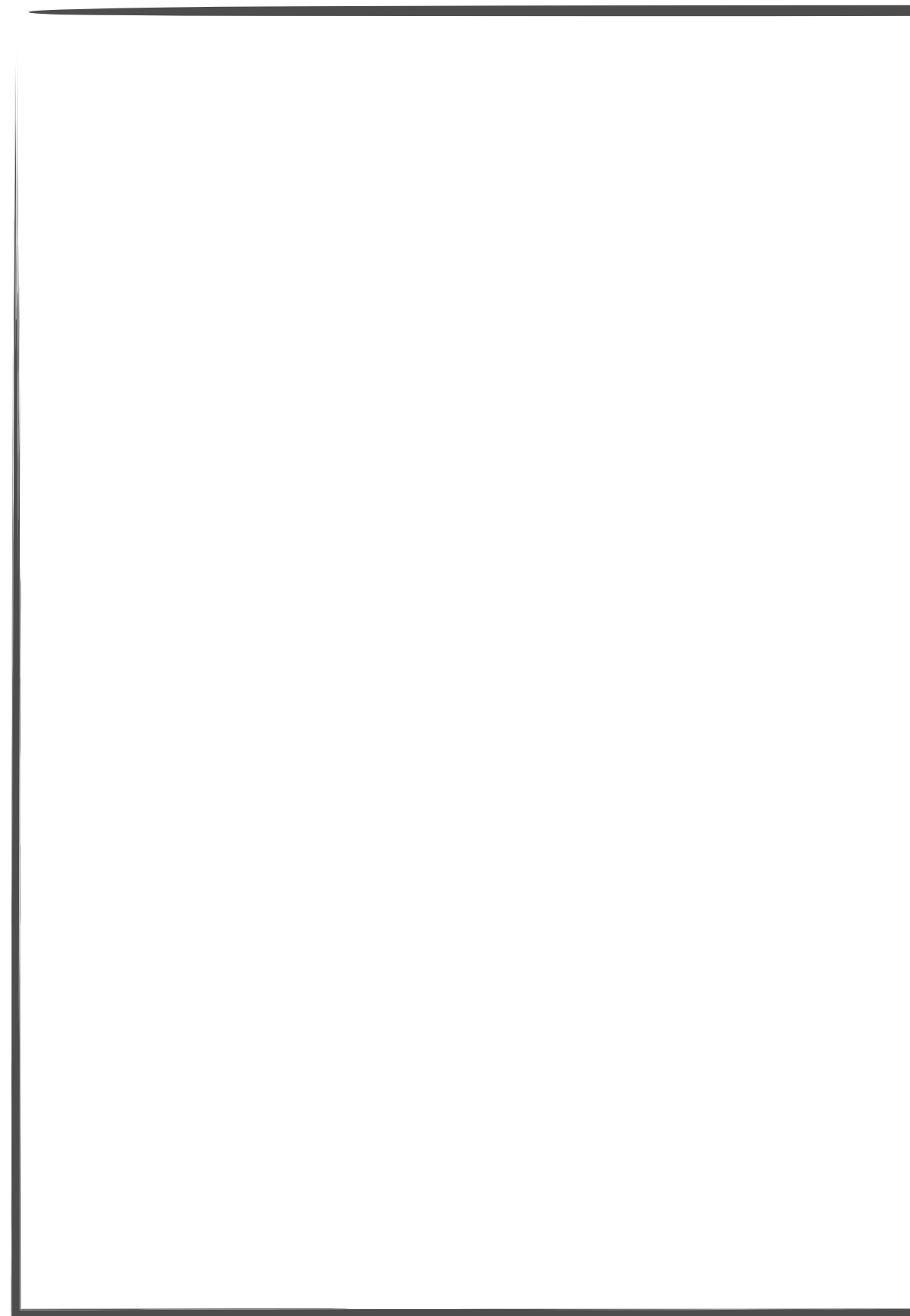
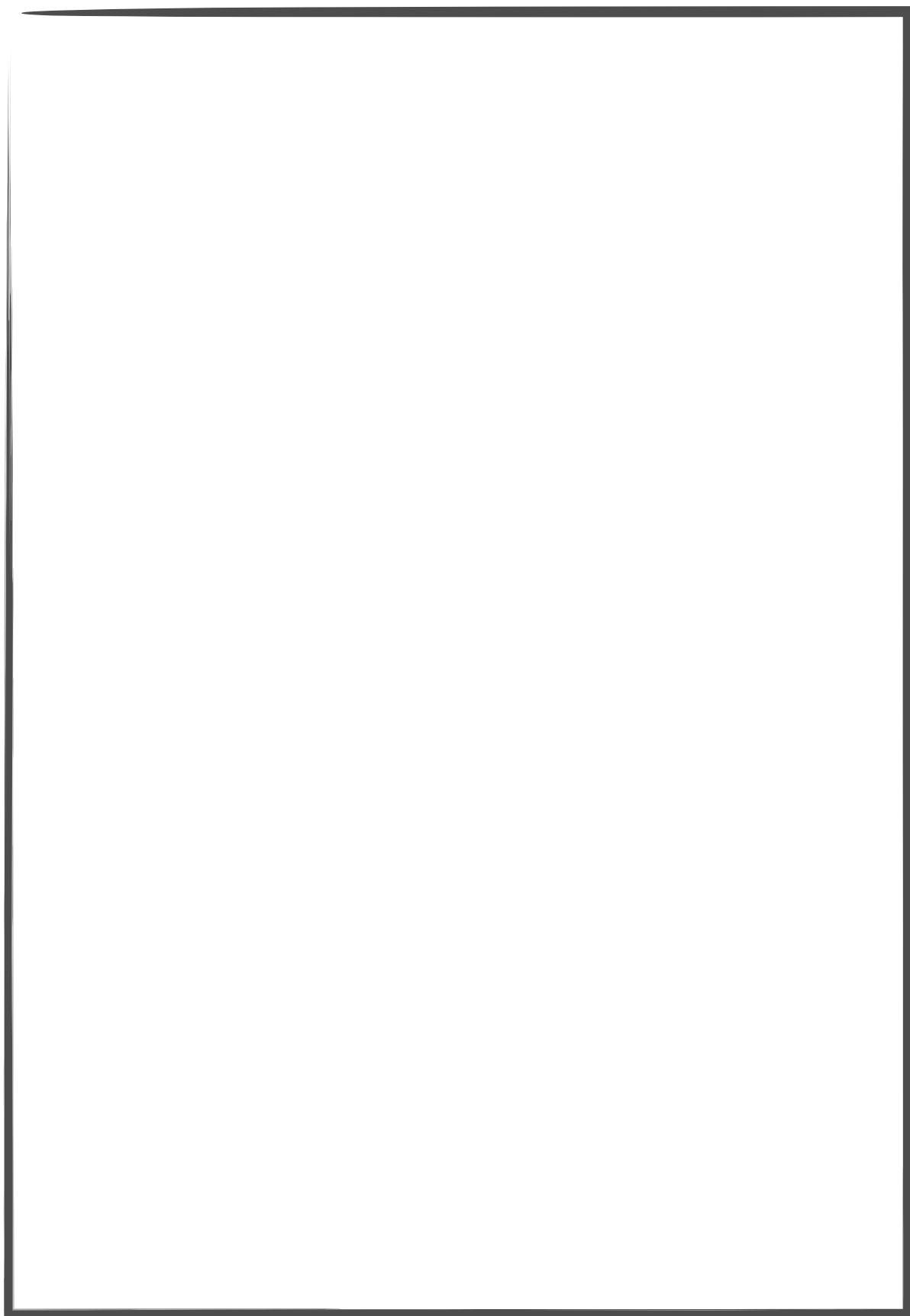


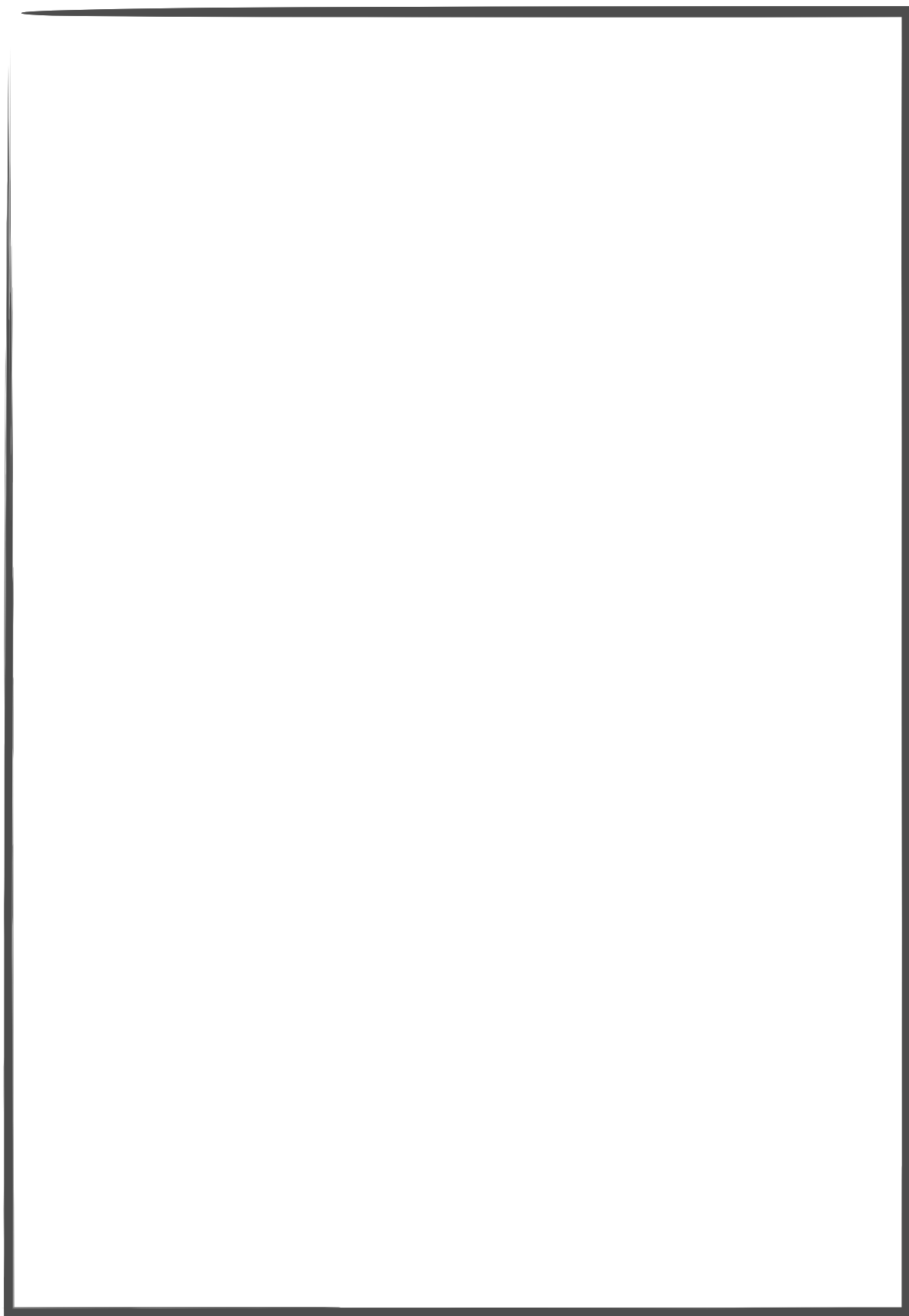


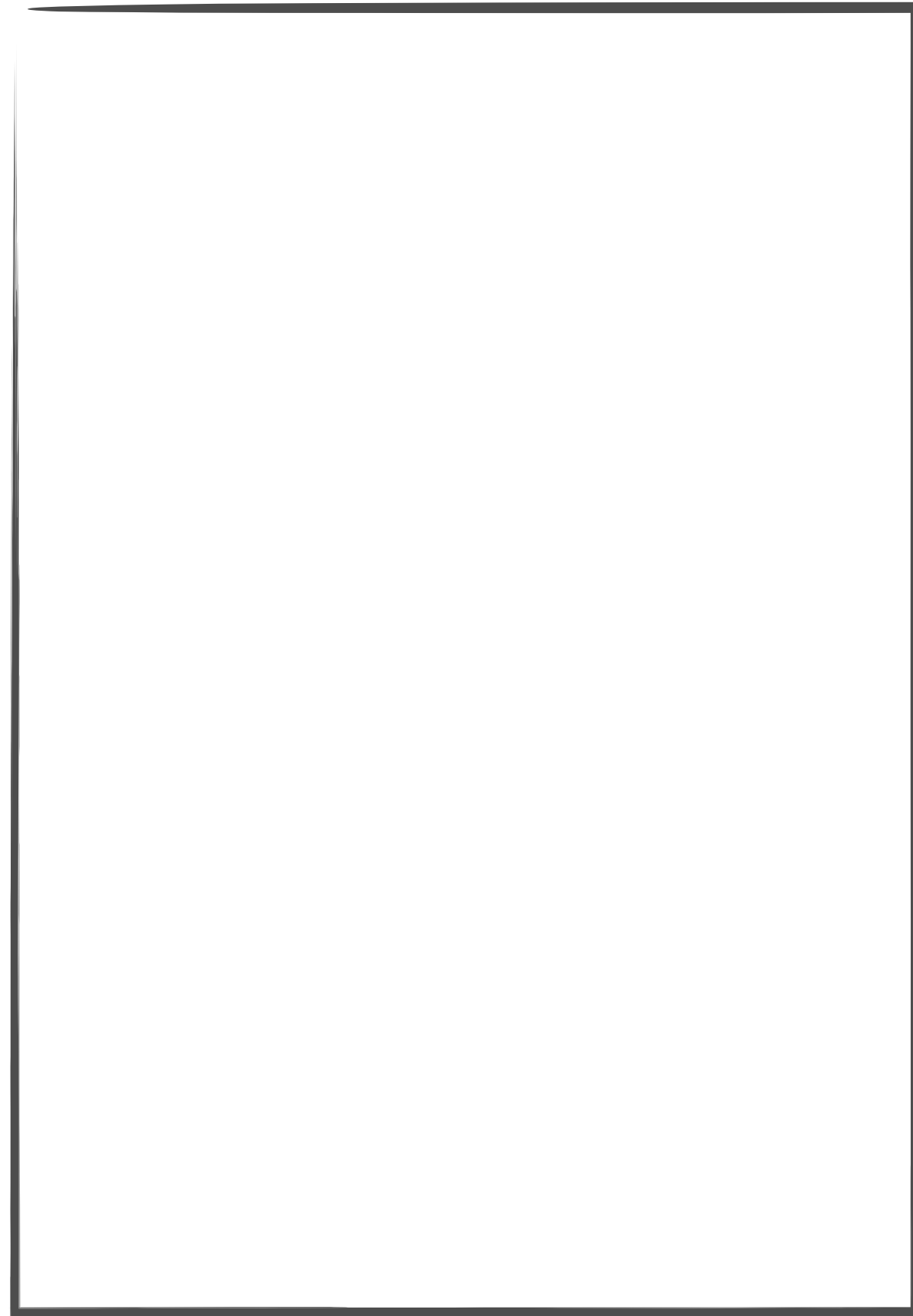
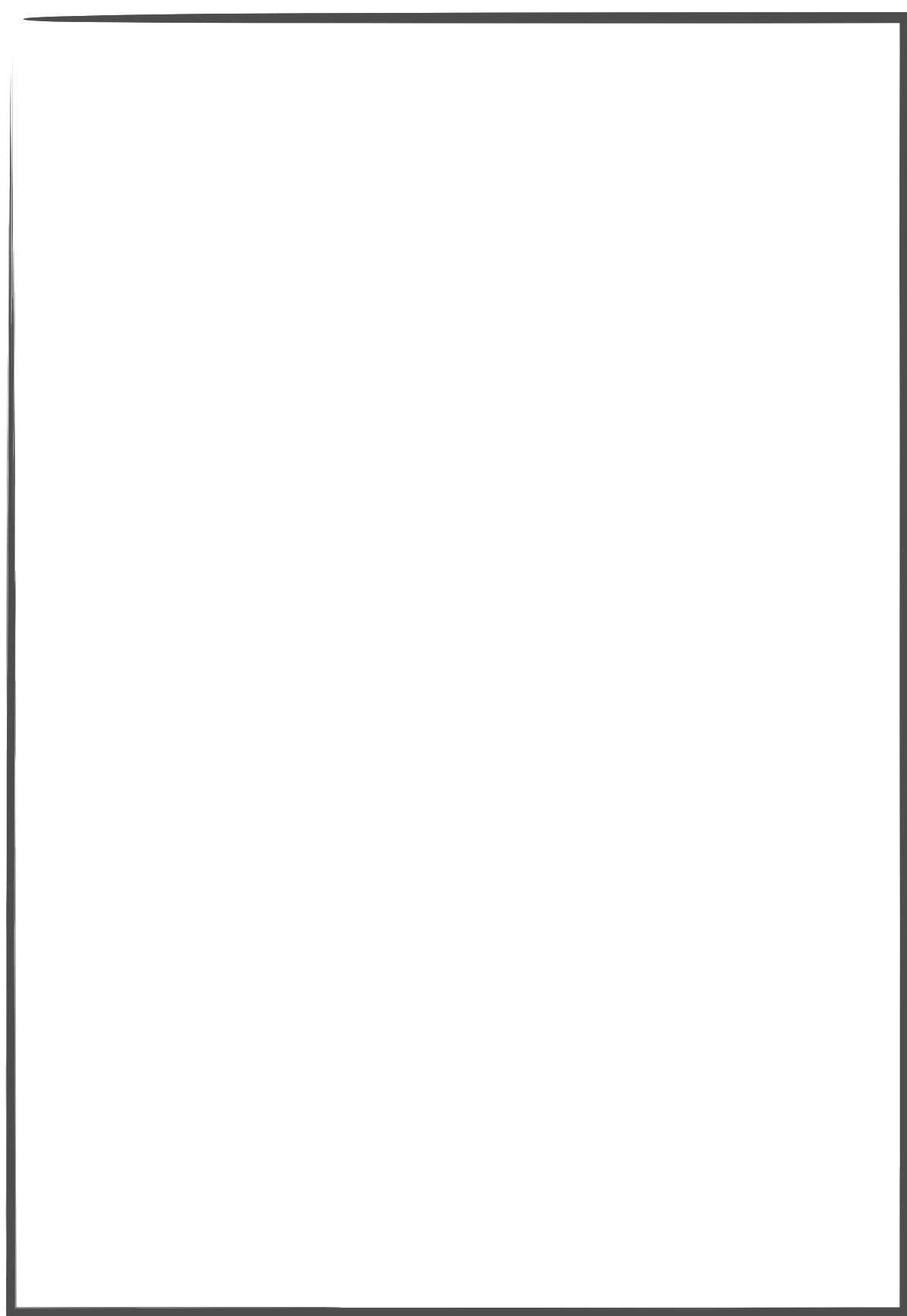


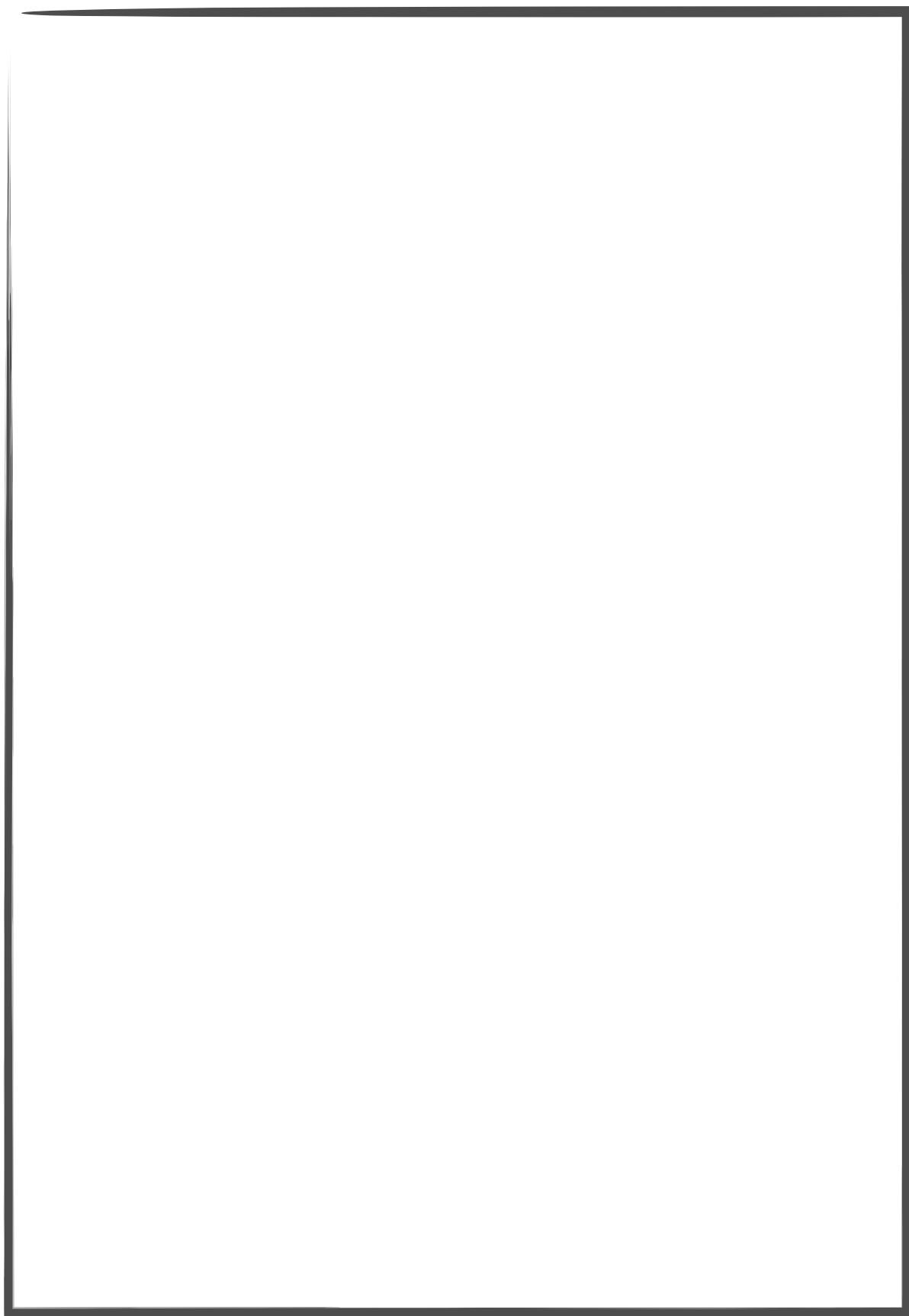


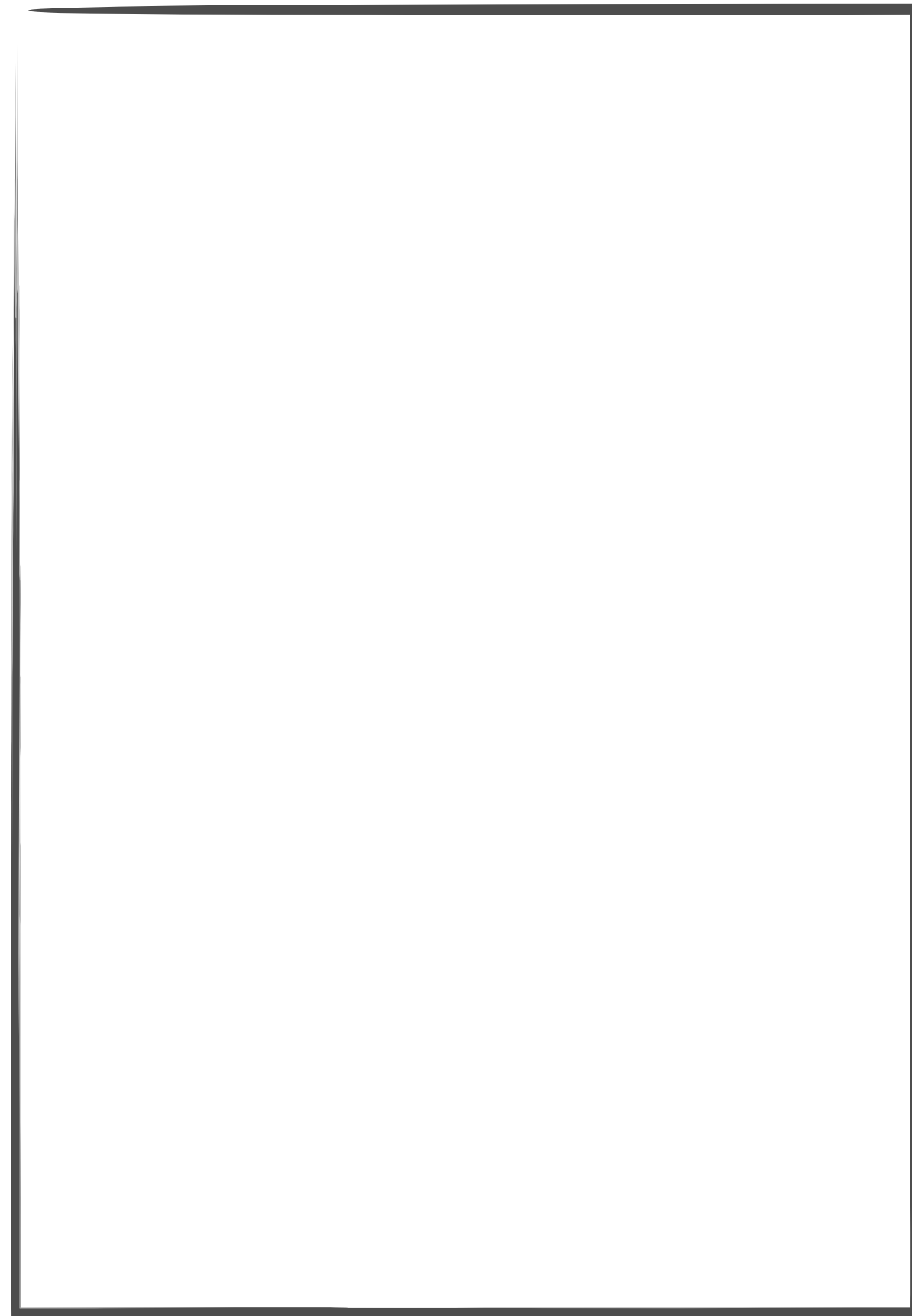
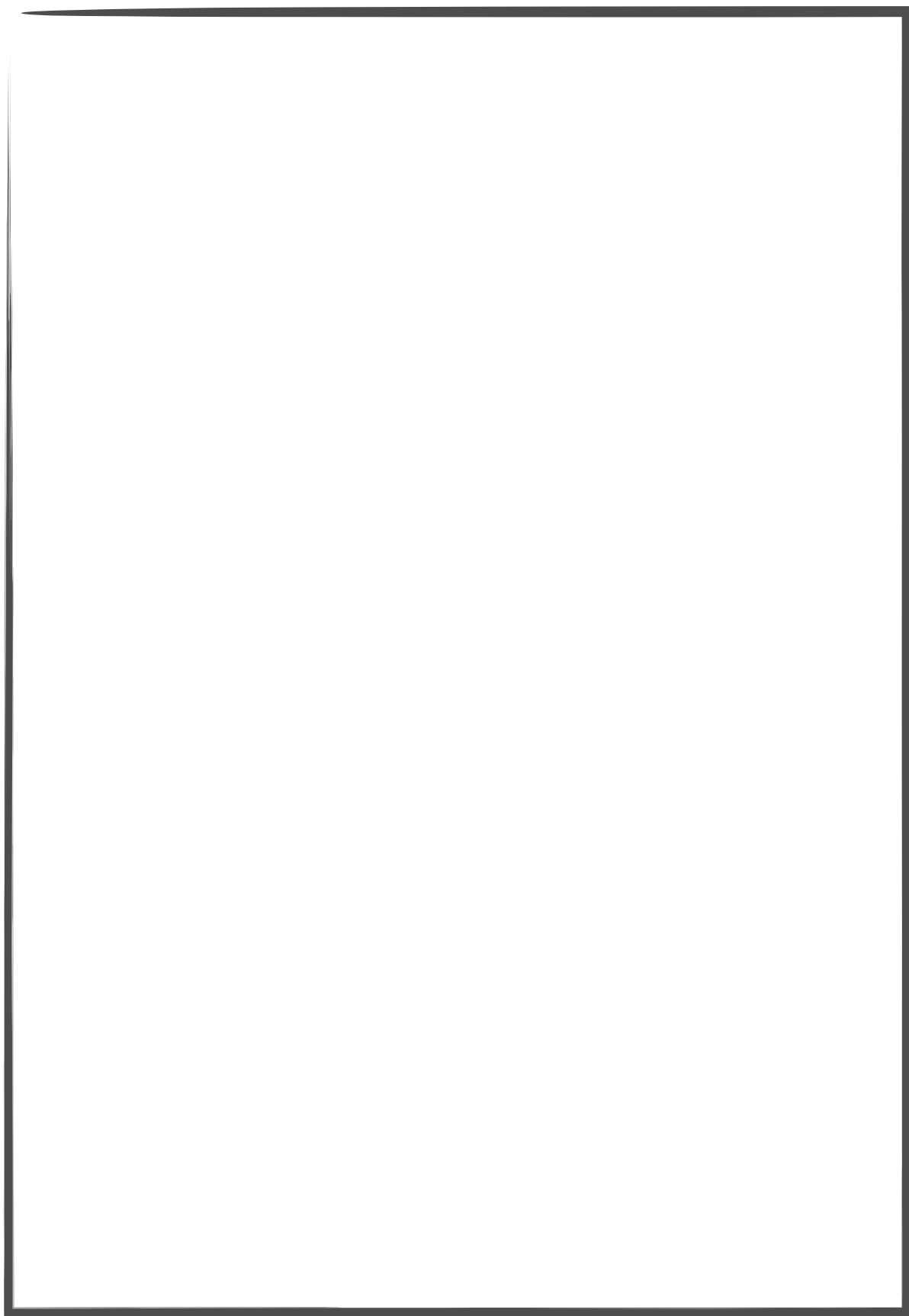


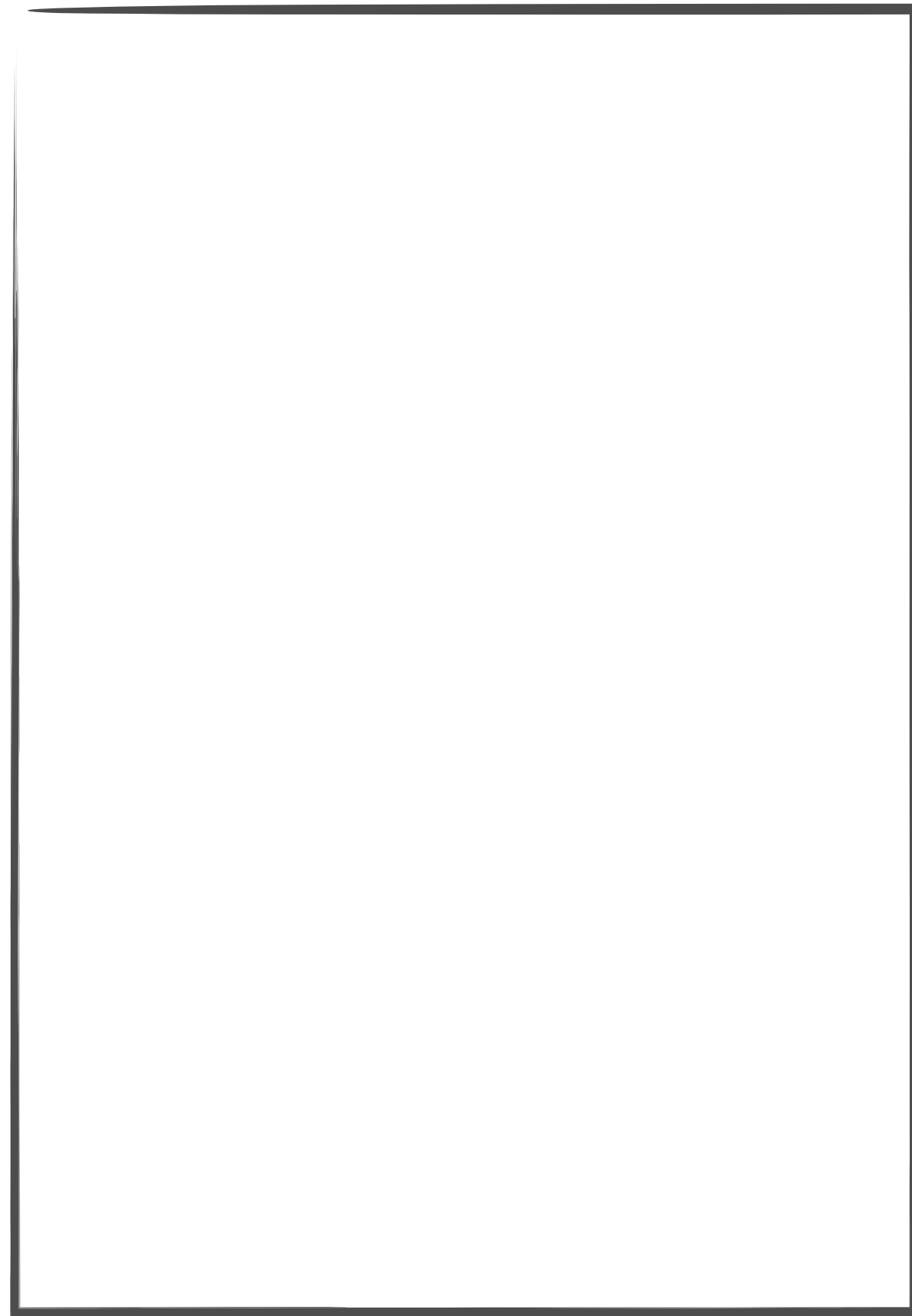
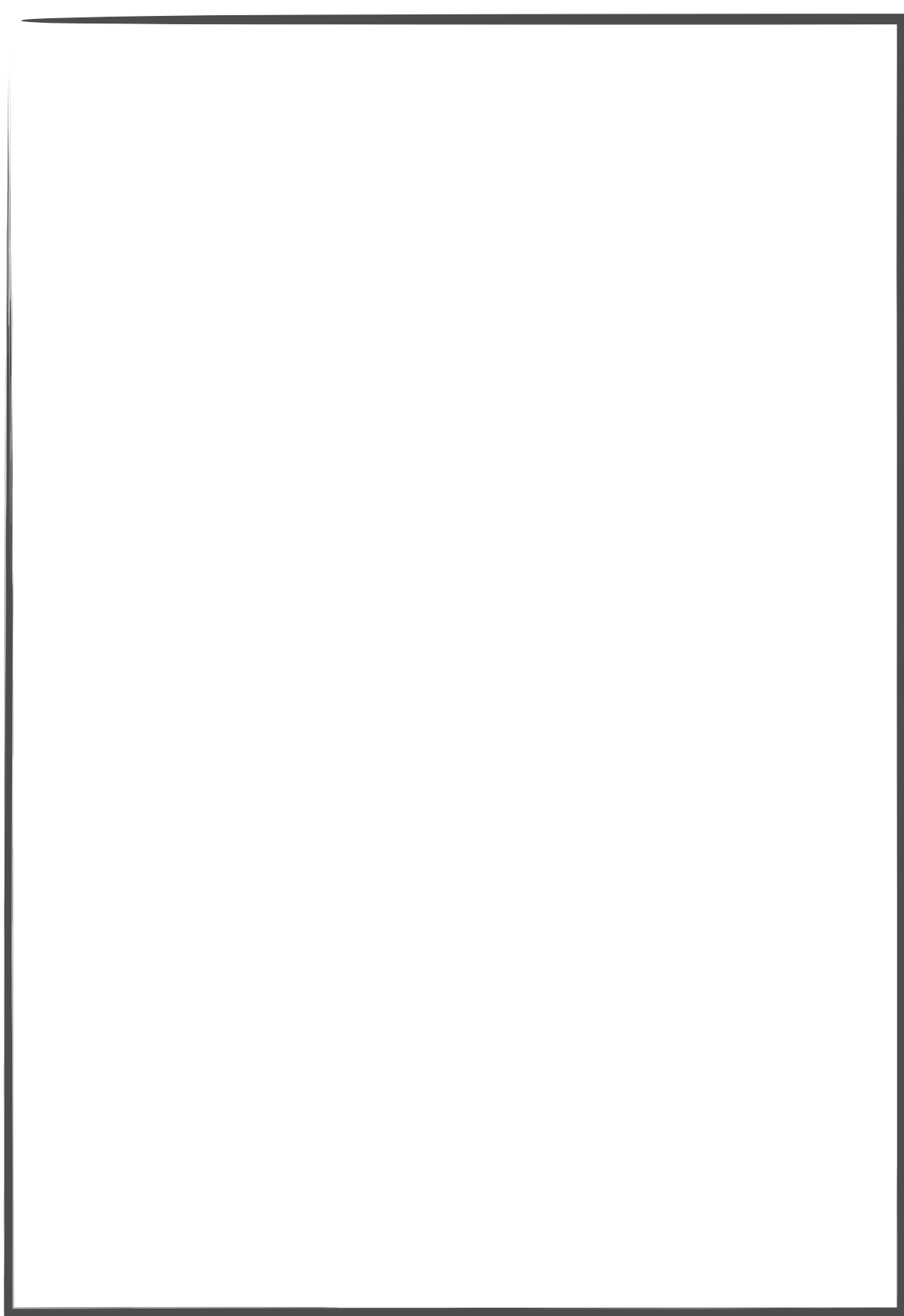






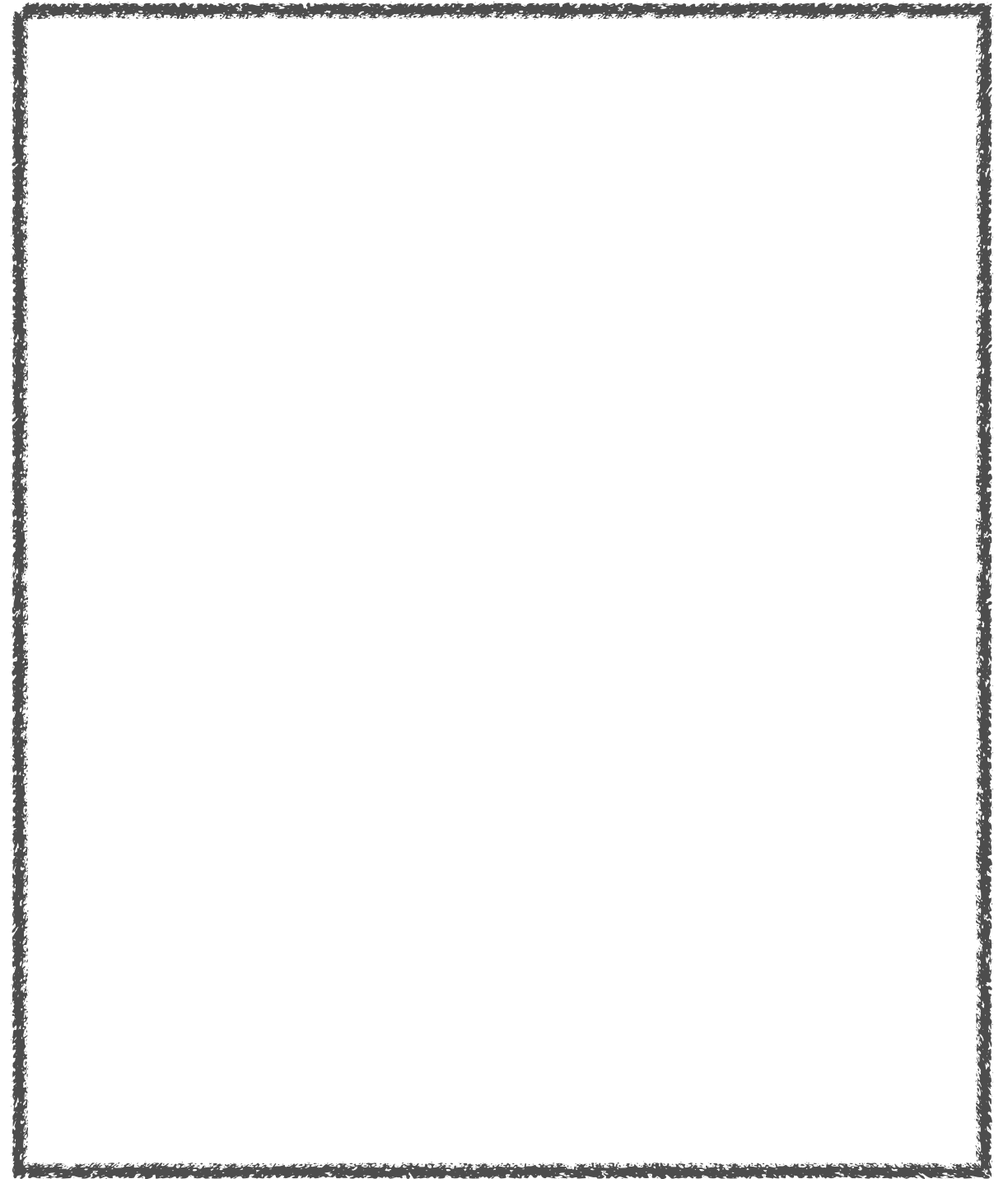
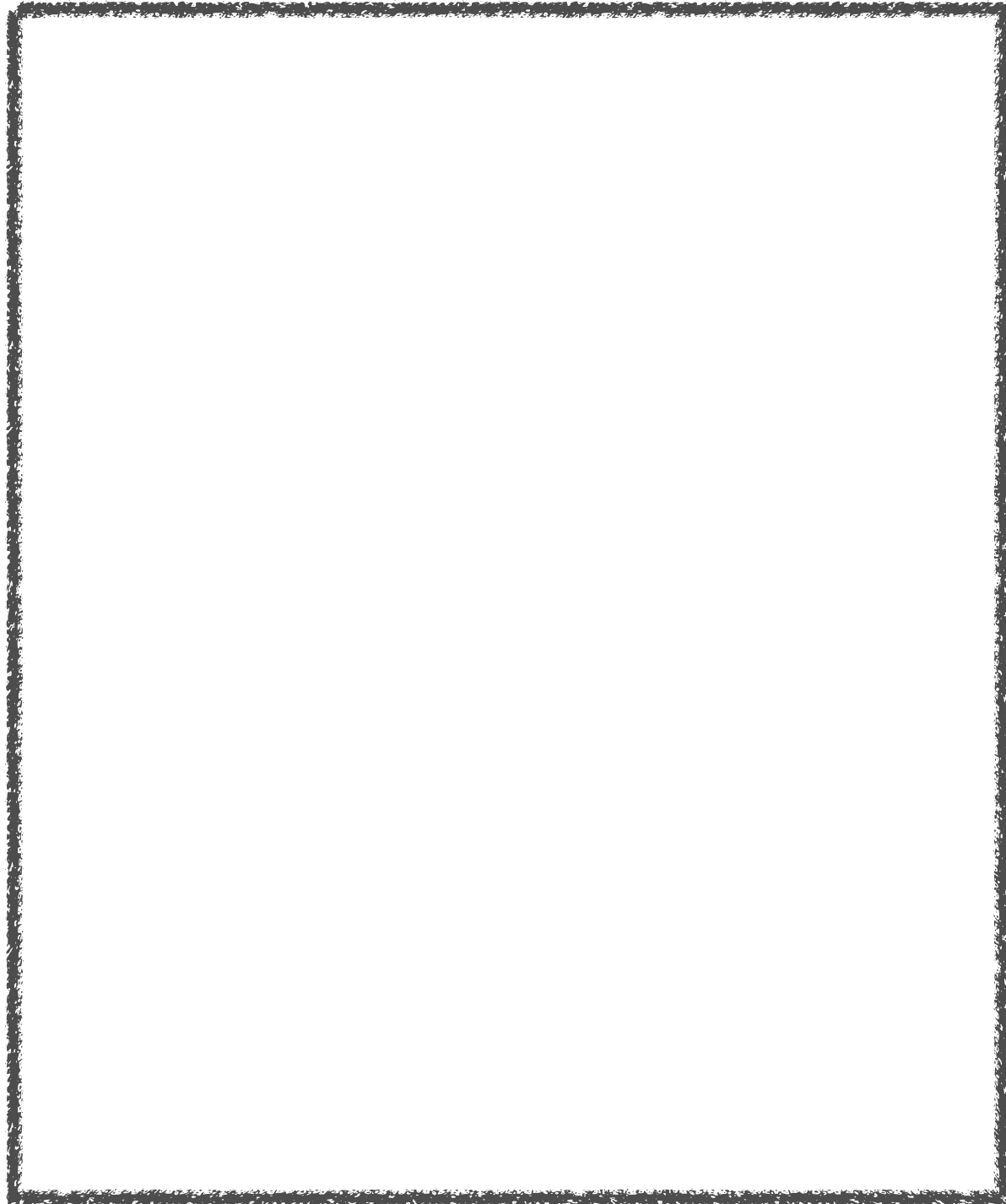




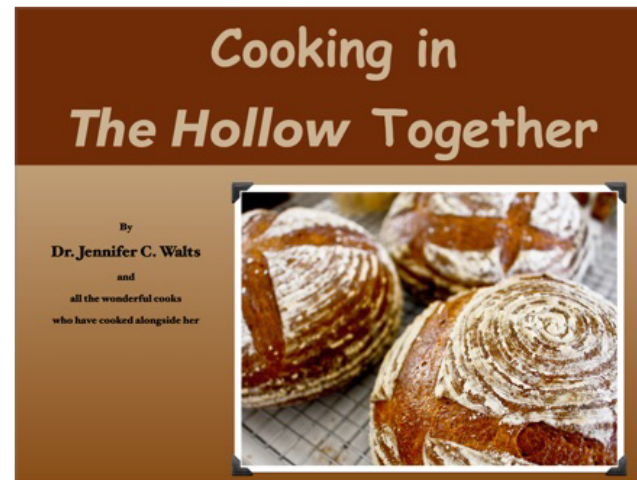


THINKING ON PAPER

Take Notes



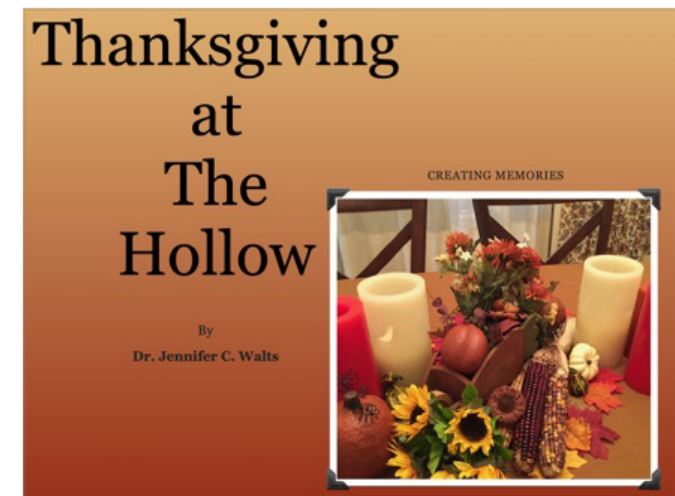
Check me out on Apple Books!



Cooking in the Hollow Together



Holidays at the Hollow



Thanksgiving at the Hollow