



Believing takes practice.  
Madeleine L'Engle



# hello, healthy hero

Welcome to the Sidekick! The R2D2 of wellness journals, this Sidekick gives you the tools to build healthy habits, maintain a routine, and explore your unique story. Deep dive into your heroic self by teaming up with seven unique hero types: the Mermaid, the Queen, the Survivor, the Champion, the Goddess, the Phoenix, and the Sorceress.

In an adventurous morning and evening routine, learn how to access these hero types as important parts of your healthiest and most heroic self. Along the way, track your mood, create goals, and learn the ins and outs of living heroically.

The tools found in these pages aren't difficult or strict or uncompromising. You deserve more than the pressure of imposed goals, the chatter of negative self-talk, and the stress of unrealistic expectations. You won't find any of that in the Sidekick.

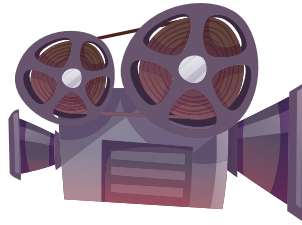
What you will find is a template to create a healthy routine that is supportive without being demanding--a place for action steps, but also imagination. It's time to move beyond the to-do list and write your own narrative.

Cue up your theme song, because becoming healthier is about to get a lot more fun.

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## Opening Credits

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From revolution to peace, courage to curiosity, the seven Healthy Hero types each have unique desires, strengths, and colors on the mood ring that is life. While we all have a dominant hero type, all seven heroes represent different and important parts of ourselves.

Think “Inside Out” meets the crew of “Ocean’s 8” meets group therapy. So get ready for a meet-and-greet because you will need all of them to access your decidedly heroic and healthy self.

We will focus on one brilliantly unique hero type a week, beginning with an introduction to the whole cast: Mermaid, Queen, Survivor, Champion, Goddess, Phoenix and Sorceress. Each member of this epic girl group will lead you on an exploration of how that hero type shows up in your own narrative. The final chapters of the Sidekick will be an opportunity to learn how to balance all of the hero types on your wellness journey. And that, my friend, is where the magic happens.



Discover your dominant hero type at  
[healthyheroproject.com/quiz](https://healthyheroproject.com/quiz).



Get an in-depth look at the hero types at  
[healthyheroproject.com/types](https://healthyheroproject.com/types).

## daily routine

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The Sidekick offers both a morning and night routine to help explore the hero types within. The next few pages offer instructions and examples for this daily practice.



### Morning Pages

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In the morning, you build space to tap into your most optimistic and bold **heroic intentions**. You look to the future with hope, commitment, and goals.

This is a time to express gratitude, and affirm your worth as the hero of your wellness journey.



### Night Pages

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In the evening, you build space to reflect on challenges, lessons and celebrations. As you look back on the day and track your habits, you center back into your hero self by identifying your **heroic abilities**.

This is a time to reflect, celebrate victories, and reaffirm your heroic and worthy self.

# Morning Pages Cheat Sheet

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1

## Dailies

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Use this space to free write any grumblings and trivialities that linger before the coffee kicks in. No need for thoughtful haikus or Jane Austen plot points. This is simply an opportunity to brain dump all of the aches and pains before more intentional reflection.

2

## Sleep & Energy

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Using a dot for each hour, record your beauty sleep...or lack thereof. On a scale from one (exhausted) to ten (jazzed) record your energy. Use this as a way to build awareness between your sleep patterns and motivation to get up and go.

3

## Intentions

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Using the hero type's desires as inspiration, set an intention to focus on for the day. Each week this section will be tailored to the week's unique - and badass - hero type. Below the bullet points, write out one concrete way you'll follow through on that intention. This doesn't have to be a grand gesture. Any small action that honors that hero type is more than enough.

4

## Gratitudes

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Following the prompt, unique to that week's hero type, express gratitude for the abundance in your life.

5

## Affirmation

---

Write out one specific affirmation for that week's hero type in response to a short prompt. This statement should be less poetic and more believable. No copy-and-paste from Pinterest. Write only what you can sincerely believe.



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

1

Large empty box for notes, partially enclosed by a yellow border.

2

SLEEP ○○○○○○○○○○○○

ENERGY ○○○○○○○○○○○○

INTENTION

---

movement

exploration

fun

---

3

GRATITUDE PROMPT

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What's the last great adventure you went on? Express gratitude for that opportunity and all you experienced.

4

Today's Affirmation:

---

I am free to ...

5

# Night Pages Cheat Sheet

---

## 1 Celebrations, Challenges, Lessons

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Take time at the end of the day to reflect back on what went well, what was hard, and what you can learn from the day. Resist the urge to focus on just challenges or just celebrations - the heroic path is nuanced. It's important to learn from the highs, the lows, and that time you forgot your mom's birthday. Show yourself compassion and understanding, making sure to reflect on what really can be gained from the day.

## 2 Heroic Ability

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Give yourself kudos for all of the heroic abilities you exhibited during the day. These heroic abilities will be unique for each hero type week. Underneath the bullet list, write out one way you exhibited that ability.

## 3 Track

---

Use this list to keep track of the habits you want to record in the trackers found at the beginning of each month. Not interested in tracking water? Can't sit still to save your life so meditation is off the table? Skip anything that doesn't serve you.

## 4 Villain Lie, Mentor Truth

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Look back on your day to see how the hero's villain may have whispered in your ear--a voice that maybe tried to throw you off track or doubt your unquestionably worthy self. Record that lie. In response to that egregious, slithery statement, embody your healthiest inner mentor. Write down the mentor truth that refutes the villain's lie. Refer back to the hero and villain pages of each hero type if you need an assist here. Use this as a way to end the day with an affirmation of your worth.





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

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**1**

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

**2**

TRACK

---

- movement
- water
- mood
- meditation
- routine

**3**

Pirate Lie:

---

Trailblazer Truth:

**4**



## Tracking Habits

In addition to the daily morning and night routine, your Sidekick is built around tracking seven healthy habits based on the seven different hero types. From mood to water to meditation, you'll find these trackers at the beginning of each month. Every one of these carefully curated habit-trackers come with a free no-guilt, no obligations guarantee. It is completely up to you which trackers and tools you want to utilize. These next few pages outline how to use the trackers and which hero type they associate with.



### mermaid habit: movement

At the beginning of the month, choose 1-3 kinds of movement and write them out differentiated by color. Allow yourself some flexibility and variety to fully embody your spontaneous mermaid self. No pressure to train for a marathon - walking, stretching, cleaning, dancing are all mermaid approved. Record daily.

21	22		24	
		28		
15 mins yoga	tennis	gym weights		



## queen habit: routine

At the beginning of the month, create a morning and evening routine with as many - or as few - actions on it as you would like. Use the queen's ability to see the big picture by building routines that will help set up your days for success. Each time you follow those routines, get the endorphin rush of checking it off in the tracker. Record daily.

<p>morning routine</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> wake up 8am</li> <li><input type="checkbox"/> glass of water</li> <li><input type="checkbox"/> meditation</li> <li><input type="checkbox"/> journaling</li> <li><input type="checkbox"/> no social media</li> <li><input type="checkbox"/></li> </ul>	<p>night routine</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10pm no screens</li> <li><input type="checkbox"/> tea</li> <li><input type="checkbox"/> wash face</li> <li><input type="checkbox"/> track habits</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>	<p>MORNING TRACKER</p> <table border="1"> <tr> <td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td> </tr> </table> <p>NIGHT TRACKER</p> <table border="1"> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input checked="" type="checkbox"/></td> </tr> </table>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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## survivor habit: hydration

Give your survivor self a boost with the simple act of drinking water throughout the day. Use each drop in the tracker to represent 8 oz of water or create your own measurement. Record throughout the day or in the evening.


1.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## champion habit: goal setting

At the beginning of the month, embody your ambitious champion and write out the big goals you aim to accomplish that month. Refer back to this page throughout the month for motivation and guidance. Check off items once completed. Record monthly.

Bucket List

 this month I want to accomplish...

- hike the 2 mile trail
- organize the garage
- relax back ch...






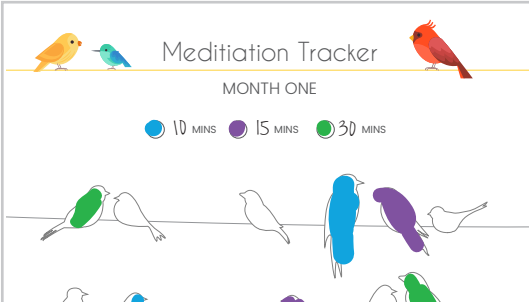
## goddess habit: meditation

At the beginning of the month, choose 1-3 kinds or durations of meditation to practice daily. As you create these parameters, bring out your loving goddess self to create space and time for centering your heroic self. Differentiate your meditation times by color, filling in the illustration once completed. Record daily.

Meditation Tracker

MONTH ONE

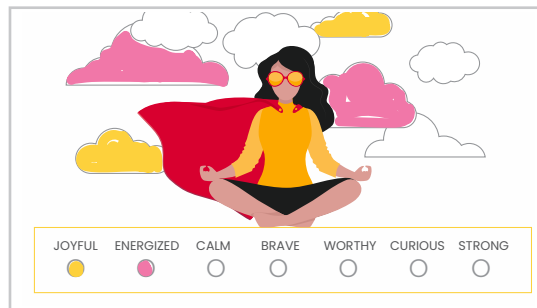
 10 MINS  15 MINS  30 MINS





## phoenix habit: mood tracking

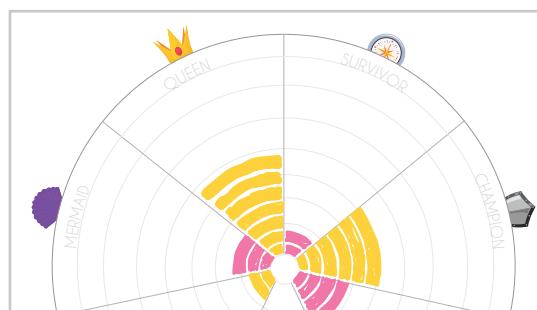
Your Sidekick offers up two mood trackers each week – light and dark. This duality serves your honest and emotional phoenix self, a way to look back at the day openly and honestly. At the end of each day, record both a light mood and a dark mood, stretching yourself to pick out which moods come through the strongest. Record daily.



## sorceress habit: hero type tracker

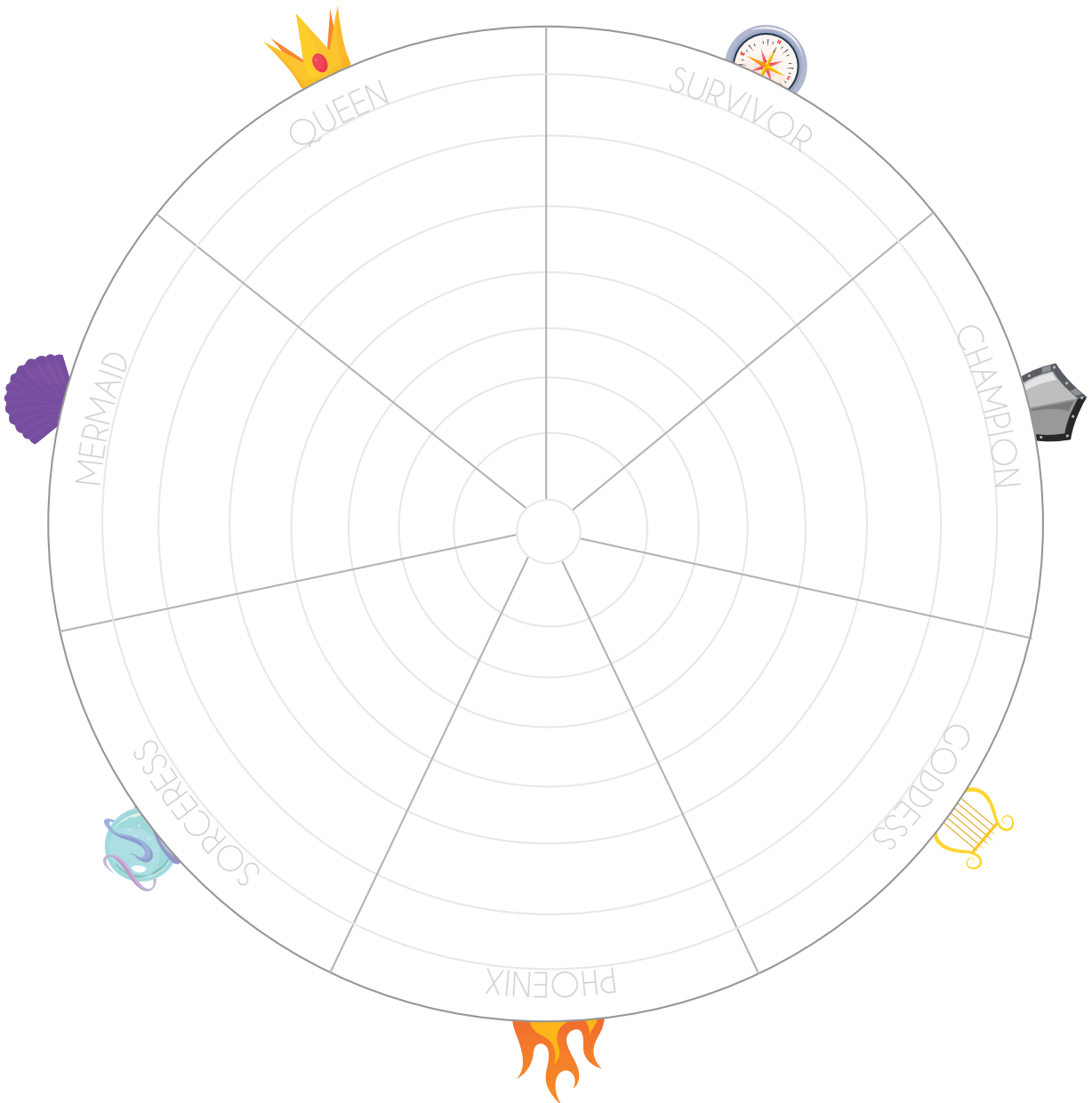
At the end of every week, you will be prompted to take a questionnaire measuring the health of that week's hero type. Your sorceress self will take that data and transfer it to the circle hero type tracker on the following page that reflects your entire journey. Use your curious sorceress self to make this exercise a measurement free of judgement.

Record weekly.



# HERO TYPE TRACKER

Our last stop before jumping into month one is the Hero-type Tracker. Mark this page in gold - if you have it! - because at the end of each week, you'll come back here to record the health of each hero type. This is a way to watch which hero types excel in your wellness journey and which struggle. In our last month, we will return to this tracker to improve the weaknesses and further bolster the strengths.



# instructions

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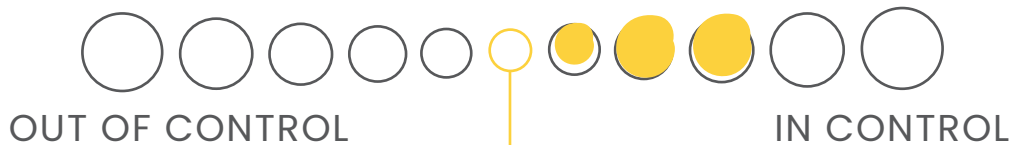
Every one of the seven levels of the circle to the left represent one of the questionnaire items asked at the end of the week. An example is below. For every questionnaire rating above the neutral yellow circle, fill in one line of that hero type's piece of the circle. This is not a line for each dot, but a line for each question that has dots above the neutral rating. That means that each week, one slice of the pie will either be left blank or filled completely in with all seven of the lines.

This is not a report card--the goal is not to strain during the week to fill in every line for each hero type. This is a tool of measurement, the goal being to become aware of what hero types naturally show up in your life and in what way. Be curious, be reflective, and if you're feeling ambitious, try your hand at some color coordination.



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How do you feel at the end of this week?



This rating above the neutral circle equals one line on the queen slice of the Hero-type Tracker. There will be seven equivalent questions at the end of each week--seven opportunities to fill in a line of the circle tracker for the queen.



# MONTH ONE

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Truth is a matter of the imagination.  
Ursula K. Le Guin





# Bucket List

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this month I want to accomplish...

MONTH ONE

morning routine

○
○
○
○
○
○
○
○
○

night routine

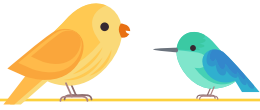
○
○
○
○
○
○
○
○
○

### MORNING TRACKER

○	○	○	○	○	○	○	★	○	○	○
○	○	○	○	★	○	○	○	○	○	○
○	★	○	○	○	○	○	○	○	★	

### NIGHT TRACKER

○	○	○	○	○	○	○	★	○	○	○
○	○	○	○	★	○	○	○	○	○	○
○	★	○	○	○	○	○	○	○	★	



# Meditation Tracker



MONTH ONE



MINS



MINS



MINS



# Light Mood Tracker

MONTH ONE



JOYFUL	ENERGIZED	CALM	BRAVE	WORTHY	CURIOUS	STRONG
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Dark Mood Tracker

MONTH ONE



FRUSTRATED



TIRED



ANXIOUS



LONELY



HOPELESS



SAD



BORED



# Hydration Station

## MONTH ONE

1.	👉👉👉👉👉👉👉👉	15.	👉👉👉👉👉👉👉👉
2.	👉👉👉👉👉👉👉👉	16.	👉👉👉👉👉👉👉👉
3.	👉👉👉👉👉👉👉👉	17.	👉👉👉👉👉👉👉👉
4.	👉👉👉👉👉👉👉👉	18.	👉👉👉👉👉👉👉👉
5.	👉👉👉👉👉👉👉👉	19.	👉👉👉👉👉👉👉👉
6.	👉👉👉👉👉👉👉👉	20.	👉👉👉👉👉👉👉👉
7.	👉👉👉👉👉👉👉👉	21.	👉👉👉👉👉👉👉👉
8.	👉👉👉👉👉👉👉👉	22.	👉👉👉👉👉👉👉👉
9.	👉👉👉👉👉👉👉👉	23.	👉👉👉👉👉👉👉👉
10.	👉👉👉👉👉👉👉👉	24.	👉👉👉👉👉👉👉👉
11.	👉👉👉👉👉👉👉👉	25.	👉👉👉👉👉👉👉👉
12.	👉👉👉👉👉👉👉👉	26.	👉👉👉👉👉👉👉👉
13.	👉👉👉👉👉👉👉👉	27.	👉👉👉👉👉👉👉👉
14.	👉👉👉👉👉👉👉👉	28.	👉👉👉👉👉👉👉👉



# Movement Tracker

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MONTH ONE

1	2	3	4	5
---	---	---	---	---

6	7	8	9	10
---	---	---	---	----

11	12	13	14	15
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16	17	18	19	20
----	----	----	----	----

21	22	23	24	25
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26	27	28
----	----	----



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# The Mermaid

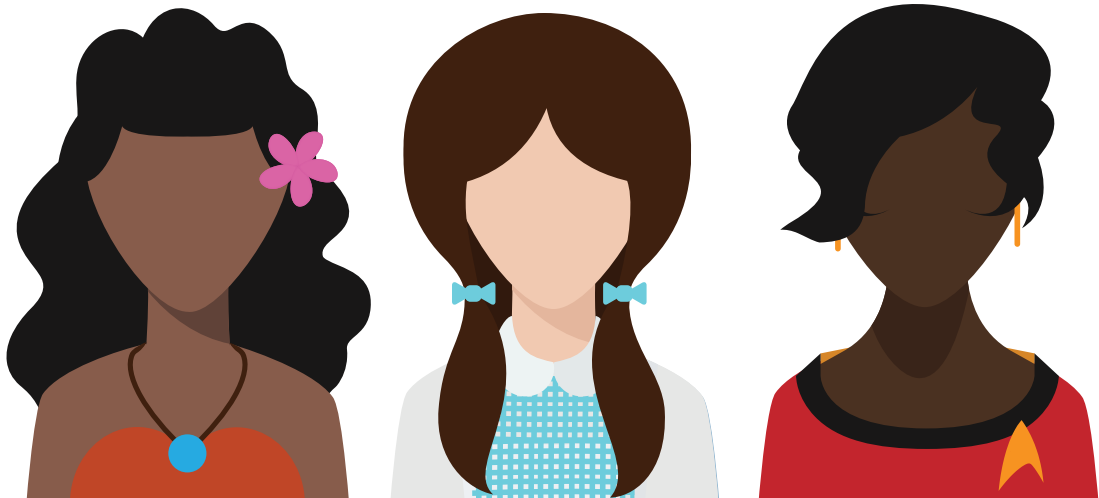
## Week One

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### **Brave. Bold. Spontaneous.**

Fearless adventurers, mermaids bravely explore the depths of their wellness journey in search of freedom. With the gumption of a Disney princess and the courage of an expert trailblazer, the unstoppable mermaid tackles new challenges with determination to live life to its fullest. Whether it's joining a new kickboxing class or going vegan, mermaids will fearlessly dive into the exciting world of wellness.

At their unhealthiest, mermaids fear that they will forever be trapped in the currents of unhealthy habits. At their healthiest, the courageous mermaid navigates the roughest of waters, traveling farther than they thought possible. Mermaids in story: Moana, *Moana*. Dorothy, *Wizard of Oz*. Uhura, *Star Trek*. Lara Croft, *Tomb Raider*. Lorelai Gilmore, *Gilmore Girls*.









# Superpower

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## **Courage**

Mermaids overflow with a courageous spirit that is always on the lookout for the next adventure. Equal parts optimism, determination, and good hair days, a mermaid boldly goes through the wellness journey. She is brave enough to try new things, the healthy mermaid is also willing to explore her own identity. With the courage to turn inwards as well as outwards, mermaids are fearless in redefining who they are and what they care about.



# Kryptonite

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## **Impulsivity**

The same adventurous streak that emboldens the healthy mermaid can also contribute to an unhealthy impulsiveness. With an eye constantly on the “next best thing,” a mermaid may be unable to follow through on the routines and habits necessary for a healthy lifestyle. Instead she impulsively chases short term solutions in the hopes of satisfying her need for adventure and freedom.



## Food

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### **Excitement**

Mermaids turn to food for excitement. From breakroom donuts as a pick-me-up or a Friday night out at the new food truck, mermaids are on the lookout for the next salty or sweet rush. A mermaid will find herself suddenly trapped when the search for excitement in food quickly becomes an ingrained habit that's hard to break. The mermaid then becomes solely dependent on food to have a good time or feel entertained.



## Body

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### **Movement**

Mermaids are adventurous and generally on the move, so their relationship to their bodies is based on performance and movement. Mermaids take great pride in a body that's able to dance, swim, climb, and run. But the more inactive a mermaid is, the more detached from her body she becomes and the easier it is for her to ignore health issues. If unhealthy habits continue, the mermaid can come to feel trapped in her body and habits, feeling limited and frustrated by health problems.



## The Villain

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### **Pirate**

The pirate is selfish, impulsive and reckless, twisting the mermaid's healthy desire for freedom into an excuse to seek out unhealthy excitement and distraction. The pirate steers the ship towards dissatisfaction, a voice always tempting the mermaid to the false treasure of excess.

*You will never be satisfied.  
You deserve to have some fun.  
Healthy choices are too limiting.*



## The Mentor

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### **Trailblazer**

The trailblazer is hopeful, daring, and experienced, taking the mermaid's desire for freedom as a path towards creating a new and healthy future. In opposition to the pirate's temptation towards excess, the trailblazer offers exploration, the opportunity to chart an exciting new course.

*Health is an adventure.*

*You are limitless.*

*The future is bright.*





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

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CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:







DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:







DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty box for daily notes

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- movement
- exploration
- fun

GRATITUDE PROMPT

Express gratitude for the sources of fun you've had this week.

Today's Affirmation:

I am free to ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- courageous
  - joyful
  - spontaneous
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Pirate Lie:

---

Trailblazer Truth:

# Mermaid - Week One Recap

Congrats on a successful mermaid week! Use the below questionnaire to reflect on how the mermaid hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



How do you feel at the end of this week?

TRAPPED                FREE



Which ability did you show more of this week?

HESITATION               COURAGE

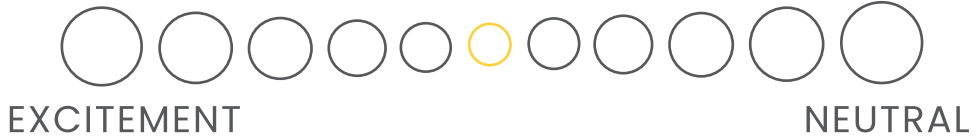


Which mindset did you have this week?

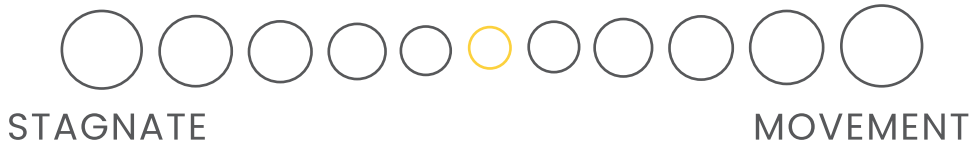
IMPULSIVE               THOUGHTFUL



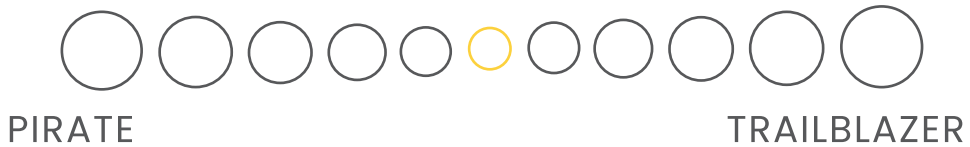
How did you use food this week?



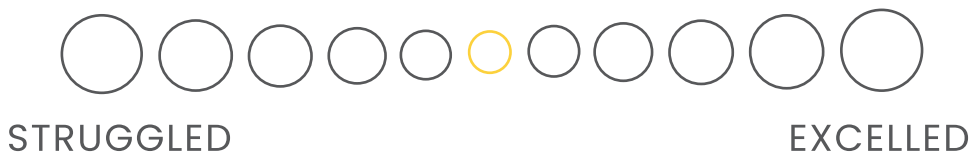
How did you treat your body this week?

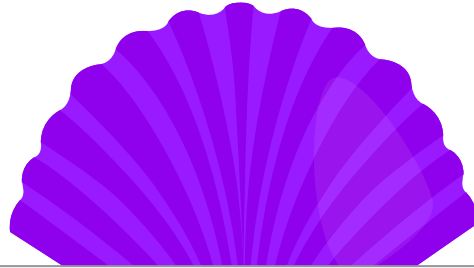


Which voice was louder this week?



How did your habits go this week?





TRACK

mermaid self

## end credits: chapter one

---

Close out mermaid week by tracking the health of your mermaid self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

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# The Queen

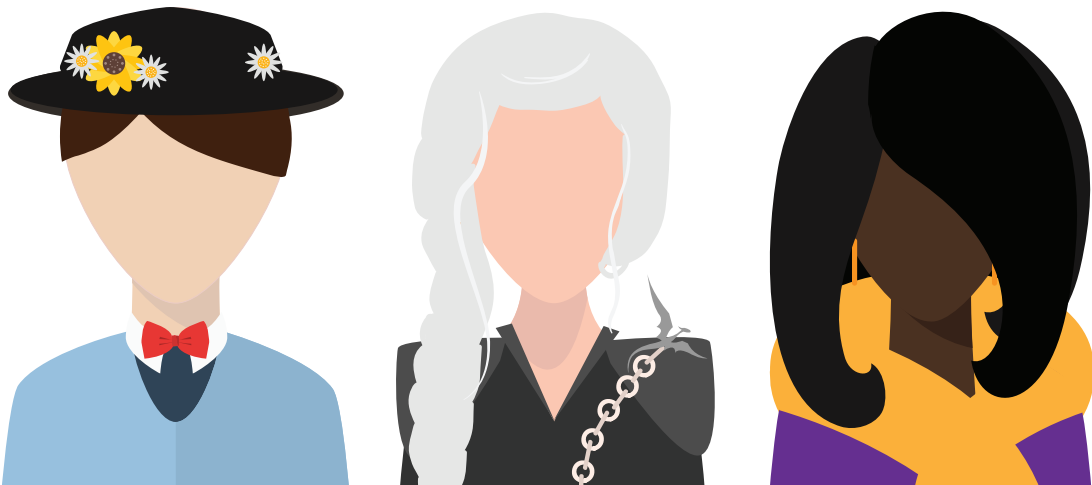
## Week Two

---

### Powerful. Driven. Organized.

Queens search for **control** and mastery – over their bodies, their food and their routine. From conquering Sunday’s meal prep to defending against Friday night’s pizza siege, the queen uses laser focus and determination to reach wellness goals. Confident and organized, the queen drives to better herself and her world.

At their unhealthiest, queens feel powerless over a kingdom of out-of-control unhealthy habits. At their healthiest, they reign over their wellness journey with strength and compassion, building a life for themselves and others. Queens in story: Mary Poppins, *Mary Poppins*. Jane Villanueva, *Jane the Virgin*. Daenerys Targaryen, *Game of Thrones*. Cookie Lyon, *Empire*. Monica Geller, *Friends*.









## Superpower

---

### **Power**

The word “powerhouse” was made for the determined queen. A commanding presence, queens are self assured and natural leaders. The queen’s power comes from purpose, her unwavering commitment to living the life she chooses. When that purpose is centered on wellness, queens have the capacity to put tremendous power into building, organizing, and then implementing a healthy lifestyle.



## Kryptonite

---

### **Rigidity**

The queen’s search for control can contribute to a harsh rigidity in both action and mindset. Here the queen’s power is used against her as an enforcer of rigid rules. Queens are tempted to see flexibility in wellness as a weakness. As a result, they are unable to make needed adaptations and changes. Before conceding to compromise, a queen is much more likely to proclaim “*off with her head.*”



## Food

---

### Relaxation

It's not easy being on top, and food becomes a reliable way for a driven and goal-oriented queen to let loose the reins a little and relax. At the queen's unhealthiest, food can become for her a necessary and guilty indulgence at times of high stress and productivity. This creates an environment where a queen feels in control of everything in her life – work, family, goals – except for food. As a result, the queen will often hide or isolate herself when engaging in unhealthy food habits, which only further perpetuates the unhealthy cycle.



## Body

---

### Measurement

Queens set very high expectations for what their body should look like and accomplish. Their relationship with their bodies is about monitoring – monitoring measurements, weight, body fat, performance, and any other health indicators they deem important. Paired with an impressive work ethic, this sets up a healthy queen for being able to push herself to achieve a wide array of goals. But at her unhealthiest, a queen becomes highly critical of herself and her body, never feeling comfortable in her imperfect skin.



## The Villain

---

### Judge

The judge is cruel, rigid, and unforgiving. With an expectation of perfection, the judge uses negative self-talk to accuse the healthy queen of not doing or being good enough. With nagging consistency, the judge tricks the queen into conceding that she is not in control and her quest for health is defined by failure.

*You are not doing enough.  
If it's not perfect, it's not worth it.  
You are out of control.*



## The Mentor

---

### Genie

The genie is playful, strong, and generous. In opposition to the judge's rigidity, the genie's magic is found in flexibility and humor. While the judge pushes the queen to look inwards with judgement, the genie teaches the queen to look outwards with generosity. The genie invites the queen to drop the severity and compassionately use her gifts to create a health journey grounded in fun and acceptance.

*You don't have to be perfect.  
It's not the end of the world.  
You have so much to give.*





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for journaling.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

- focus
- organization
- control

---

**GRATITUDE PROMPT**

---

Express gratitude for the physical spaces in your life that make you feel in control.

**Today's Affirmation:**

---

I am in control of ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for daily entries]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

- focus
- organization
- control

---

**GRATITUDE PROMPT**

---

When was the last time you dressed up and felt truly confident? Express gratitude for that experience.

Today's Affirmation:

---

I am in control of ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- focus
- organization
- control

---

GRATITUDE PROMPT

Express gratitude for colors that give you a boost of confidence.

Today's Affirmation:

---

I am in control of ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

- focus
- organization
- control

---

**GRATITUDE PROMPT**

---

Express gratitude for the opportunities you have for leadership.

Today's Affirmation:

---

I am in control of ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

---

- focus
- organization
- control

---

GRATITUDE PROMPT

---

What is an important value handed down by your family? Express gratitude for that value in your life.

Today's Affirmation:

---

I am in control of ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

---

- focus
- organization
- control

---

GRATITUDE PROMPT

---

Express gratitude for the actions that make you feel powerful.

Today's Affirmation:

---

I am in control of ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- powerful
  - driven
  - confident
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Judge Lie:

---

Genie Truth:

# queen - week two recap

---

Made it through week two! Kudos. Use the below questionnaire to reflect on how the queen hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



How do you feel at the end of this week?

CHAOTIC             IN CONTROL



Which ability did you show this week?

WEAKNESS             POWER



Which mindset did you have this week?

RIGID             FLEXIBLE



---

How did you use food this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

RELAXATION

NEUTRAL



---

How did you treat your body this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

IGNORED

MEASURED



---

Which voice was louder this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

JUDGE

GENIE



---

How did your habits go this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

STRUGGLED

EXCELLED



TRACK

queen self

end credits

---

Close out queen week by tracking the strength of your queen self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

---

# The Survivor

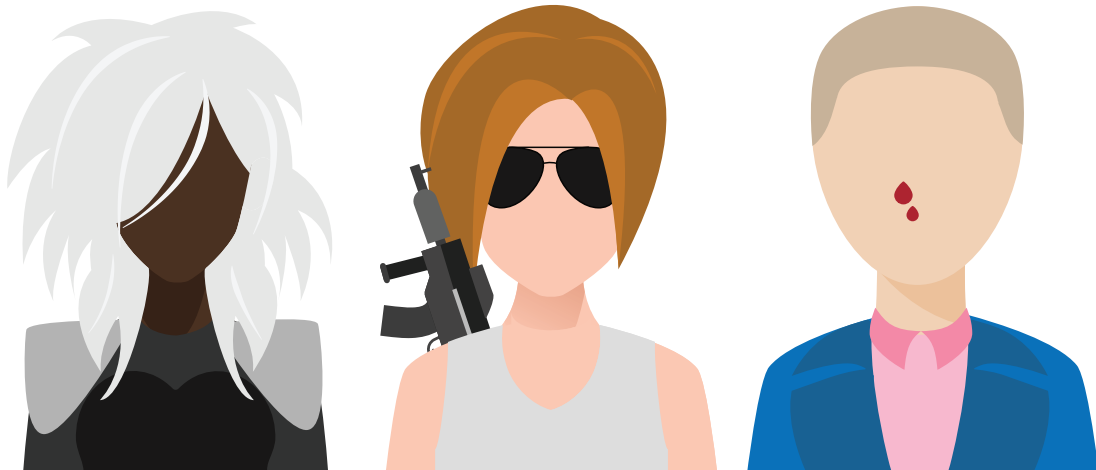
## Week Three

---

### **Resilient. Private. Pragmatic.**

Survivors have a unique skillset born from a long history of fighting against competing physical, mental and emotional dangers. Survivors choose to face their challenges alone, giving all they can to defeat unhealthy habits. Even as they suit up for every battle, they yearn for the **peace** they see at the end of their wellness journey. Protected by a fierce resilience, the survivor stands strong in the face of both external and internal battles.

At their unhealthiest, the survivor fears that she will forever be fighting to survive in a wasteland of unhealthy habits. At their healthiest, survivors exhibit extraordinary fortitude in earning a lasting and hard won peace through wellness. Survivors in story: Michonne, *Walking Dead*. Arya Stark, *Game of Thrones*. Sarah Connor, *Terminator*. Storm, *X-Men*. Eleven, *Stranger Things*.









# Superpower

---

## Resilience

Survivors come onto the scene with a full armor of weathered resilience. The survivor's ability to make it through hardship, work through pain, and come out the other side builds a layer of resilience that even the unhealthiest of habits can't break. Even when badly wounded, survivors don't use their pain or experience to attack. Instead they heroically use their resilience as a shield to protect themselves and others.



# Kryptonite

---

## Despair

The survivor's past pain can cripple her when it leads to despair. Already instinctually able to see ahead to the worst scenario, the survivor falls into unhealthy patterns when she feels unable to choose another path. Instead of working towards health, she submits to a beleaguered apathy, assuming that wellness is not a feasible option.



## Food

---

### Escape

The survivor's struggle with food comes from her unwanted but strong desire to turn to food for escape. The survivor yearns for this escape but also resists it, often feeling under siege from unhealthy habits. A survivor can view food as the enemy, building strict rules and regimes around food to help ward off the temptation for escape. At her unhealthiest, the survivor remains entrenched in a futile tug of war with food, leaving her frustrated and despairing.



## Body

---

### Intensity

Survivors have a strong and intense connection to the body, with an acute awareness of what their body can and cannot do. Survivors learn to cope with mental and emotional hardship through the physical – pushing their bodies to their limits through intense exercise. Just as she does with food, a survivor often builds strict rules and regimes around exercise, and she can be unrelenting even when feeling aches and pains.



## The Villain

---

### **Assassin**

The assassin is violent, relentless, and obsessed, taking the survivor's pain and turning it into anger and self-destructive behavior. The assassin attempts to wear the survivor down with the false belief that there is no peace or healing at the end of the story. Through despair and fatalistic thinking, the assassin convinces the survivor she must destroy the parts of herself that cause pain if she wants to survive.

*You will never be at peace.  
You deserve to be punished.  
The world is out to get you.*



## The Mentor

---

### Medic

The medic is resourceful, competent, and kind, rejecting the despair of the assassin and replacing it with the experience of a healer. Not buying into false optimism, the medic sees both the severity of the wound as well as the way to healing. To the beleaguered survivor, the medic's voice is one of hope, the hope that health is possible, even for the wounded.

*Healing is possible.  
You deserve rest.  
You are safe.*



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

○ peace

○ nourishment

○ rest

---

**GRATITUDE PROMPT**

---

Express gratitude for the people and places that make you feel safe.

**Today's Affirmation:**

---

I am at peace with ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- peace
- nourishment
- rest

GRATITUDE PROMPT

Express gratitude for food that nourishes you.

Today's Affirmation:

I am at peace with ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for daily notes]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- peace
- nourishment
- rest

\_\_\_\_\_

GRATITUDE PROMPT

Express gratitude for the times you are able to be alone.

Today's Affirmation:  
 \_\_\_\_\_  
 I am at peace with ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

---

○ peace

○ nourishment

○ rest

---

GRATITUDE PROMPT

---

Express gratitude for the time you are given to rest.

Today's Affirmation:

---

I am at peace with ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

A large empty rectangular box with a yellow border, intended for writing a journal entry for the day.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

---

- peace
- nourishment
- rest

---

GRATITUDE PROMPT

---

Express gratitude for a particularly difficult hardship you overcame.

Today’s Affirmation:

---

I am at peace with ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty box for daily journaling.

SLEEP

ENERGY

INTENTION

- peace
- nourishment
- rest

---

GRATITUDE PROMPT

Express gratitude for a challenge that has made you stronger.

Today’s Affirmation:

---

I am at peace with ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty rectangular box for daily entries.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- peace
- nourishment
- rest

GRATITUDE PROMPT

Express gratitude for a wound that has been healed.

Today's Affirmation:

I am at peace with ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- resilient
  - independent
  - intentional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Assassin Lie:

---

Medic Truth:

# survivor - week three recap

Sliding in at the end of week three. Crushing it. Use the below questionnaire to reflect on how the survivor hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



How do you feel at the end of this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

TURBULENT

PEACEFUL



Which ability did you show this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

FRAGILITY

RESILIENCE



Which mindset did you have this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

DESTRUCTIVE

HEALING



---

How did you use food this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a score of 6 out of 11.

ESCAPE

NEUTRAL



---

How did you treat your body this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a score of 6 out of 11.

STILLNESS

INTENSITY



---

Which voice was louder this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a score of 6 out of 11.

ASSASSIN

MEDIC



---

How did your habits go this week?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a score of 6 out of 11.

STRUGGLED

EXCELLED



## end credits

---

Close out survivor week by tracking the strength of your survivor self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

---

# The Champion

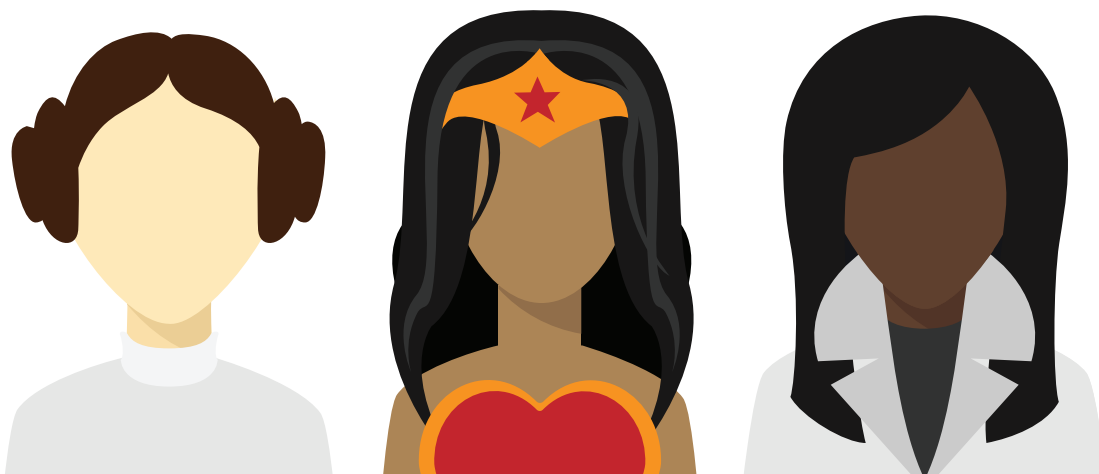
## Week Four

---

### **Strong. Loyal. Optimistic.**

From idealistic superheroes to resolute rebels, champions enter the scene with a passion for **revolution**. The champion's ambitious wellness journey is motivated by a goal or a cause, from becoming a healthy role model to transforming the food industry. With unapologetic optimism and powerful belief, the champion is able to put tremendous energy into overcoming the hardest of trials.

At their unhealthiest, champions become disillusioned and unwilling to make necessary sacrifices. At their healthiest, they rally others to their banner, emerging as powerful leaders for wellness. Champions in story: Princess Leia, *Star Wars*. Wonder Woman, *Wonder Woman*. Imperator Furiosa, *Mad Max*. Olivia Pope, *Scandal*. Leslie Knope, *Parks and Recreation*.









## Superpower

---

### **Belief**

The champion's belief is the fuel that makes her a powerful contender in the fight for health. Champions have a relentless optimism, the belief that there is a hopeful future worth fighting for.

The champion's belief is not a naive one. In fact champions are distinctly realistic about obstacles and setbacks. Instead, their belief is founded in values that are worth fighting for, no matter the cost.



## Kryptonite

---

### **Isolation**

Champions are strongly tied to the causes and people that they love. Groups and community are motivation for the hard work a champion will put into reaching health goals. When champions are isolated, that motivation can fall away, leaving the champion vulnerable to apathy and disillusionment.



## Food

---

### **Comfort**

Champions use food for comfort, a way to combat loneliness. The value champions place on others makes them highly susceptible to loneliness when separate from those they care about. Without social connection, the champion can dread being left alone with her thoughts, afraid that health is a challenge she may not be equipped to handle.



## Body

---

### **Group**

Champions understand their body and its capabilities in connection to others. Champions are highly motivated by groups, which makes them excel in sports and physical training. When champions don't have a group to fall back to, they often will seek out experts or programs that put health in a larger context. When champions can't connect their own physical health to a community or cause, they can become listless and unable to find motivation.



## The Villain

---

### Siren

Sirens are seductive, devious, and persuasive. The siren self tempts the healthy champion into submission by instilling the seeds of doubt. Under the siren's spell, the champion is seduced into believing that the healthy cause isn't worthwhile. Responding to the siren's song, champions start to believe that they are alone, the world doesn't care about them, and is therefore not worth fighting for. When faced with this doubt, the champion can become disillusioned, finally surrendering to the temptation of unhealthy behavior.

*It's not worth it.  
No one cares about you.  
There is no hope.*



## The Mentor

---

### **Samurai**

The samurai is thoughtful, unwavering, and independent. In direct opposition to the siren's doubtful song, the samurai centers the champion back into a quiet and unshakeable belief. The samurai guides the champion to trust in her intuition, to trust the causes she feels called to fight for. When champions begin to buckle in the face of loneliness and temptation, the samurai teaches them quiet resolve and independence.

*There is always hope.  
You are never alone.  
The world needs you.*



DATE: \_\_\_\_\_ M T W TH F SA SU

### DAILIES

[Empty box for journaling]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

#### INTENTION

- revolution
- rebellion
- success

---

#### GRATITUDE PROMPT

Express gratitude for a cause that's doing good work in the world.

Today's Affirmation:

I believe ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

- revolution
- rebellion
- success

---

**GRATITUDE PROMPT**

---

Express gratitude for the people in your life that inspire you.

**Today's Affirmation:**

---

I believe ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily journaling.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- revolution
- rebellion
- success

GRATITUDE PROMPT

What is one of your greatest accomplishments? Express gratitude for that experience.

Today's Affirmation:

I believe ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

## DAILIES

Large empty box for writing daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

- revolution
- rebellion
- success

---

**GRATITUDE PROMPT**

---

Express gratitude for the people you love the most.

**Today's Affirmation:**

---

I believe ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- revolution
- rebellion
- success

GRATITUDE PROMPT

Express gratitude for an ability you're proud of.

Today's Affirmation:

I believe ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- revolution
- rebellion
- success

GRATITUDE PROMPT

Express gratitude for a value that defines who you are.

Today's Affirmation:

I believe ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- revolution
- rebellion
- success

GRATITUDE PROMPT

Express gratitude for a group that energizes you.

Today's Affirmation:

I believe ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- belief
  - determination
  - inspiration
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Siren Lie:

---

Samurai Truth:

# champion - week four recap

First month down! Use the below questionnaire to reflect on how the champion hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



What did you achieve by the end of the week?



STATUS-QUO

REVOLUTION



Which ability did you show this week?



DOUBT

BELIEF



Which mindset did you have this week?



PESSIMISM

OPTIMISM



---

How did you use food this week?

COMFORT             NEUTRAL



---

What kind of movement did you do this week?

INDIVIDUAL             GROUP



---

Which voice was louder this week?

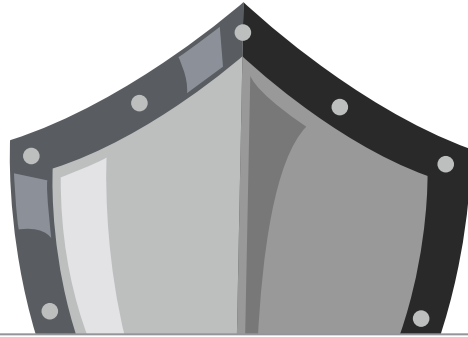
SIREN             SAMURAI



---

How did your habits go this week?

STRUGGLED             EXCELLED



TRACK

○ champion self

end credits

---

Close out champion week by tracking the strength of your champion self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

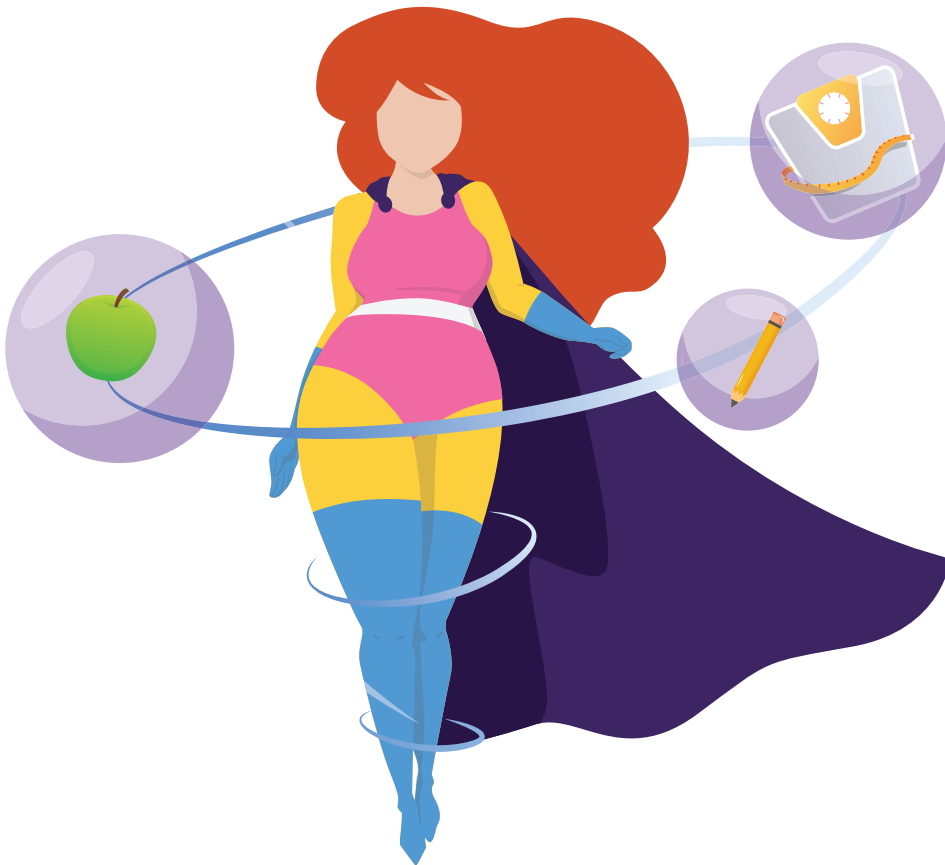
# Journal Page

---

# MONTH TWO



Am I enough? Yes I am.  
Michelle Obama





# Bucket List

---



this month I want to accomplish...

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

MONTH TWO

morning routine

<input type="checkbox"/>
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night routine

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### MORNING TRACKER

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### NIGHT TRACKER

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# Meditation Tracker

## MONTH TWO

○ MINS ○ MINS ○ MINS



# Light Mood Tracker

MONTH TWO



JOYFUL

ENERGIZED

CALM

BRAVE

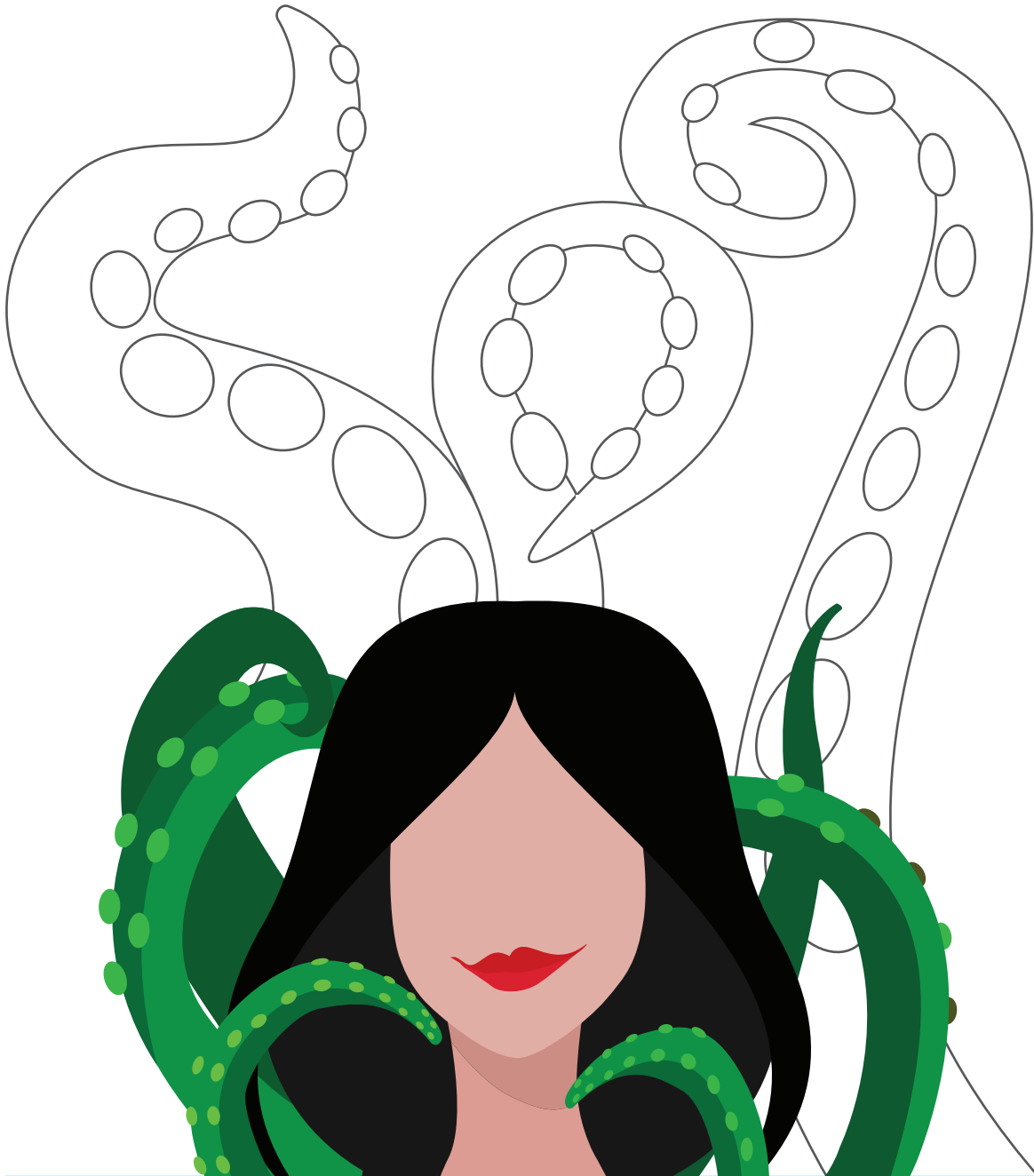
WORTHY

CURIOUS

STRONG

# Dark Mood Tracker

MONTH TWO



FRUSTRATED

TIRED

ANXIOUS

LONELY

HOPELESS

SAD

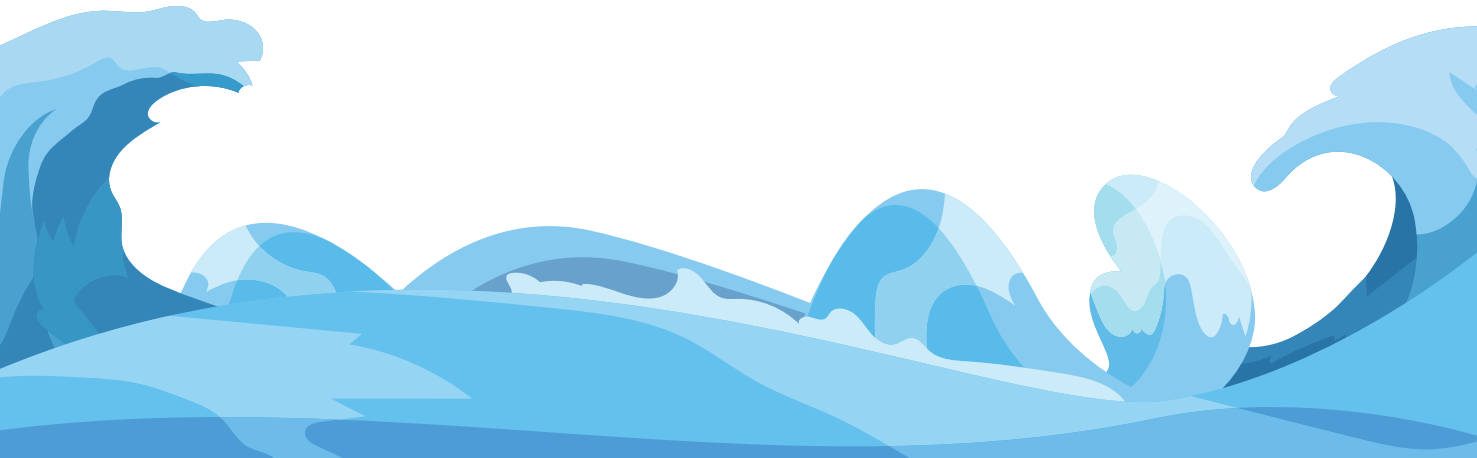
BORED

# Hydration Station

---


## MONTH TWO




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|-----|----------|-----|----------|
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| 6.  | 👉👉👉👉👉👉👉👉 | 20. | 👉👉👉👉👉👉👉👉 |
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| 9.  | 👉👉👉👉👉👉👉👉 | 23. | 👉👉👉👉👉👉👉👉 |
| 10. | 👉👉👉👉👉👉👉👉 | 24. | 👉👉👉👉👉👉👉👉 |
| 11. | 👉👉👉👉👉👉👉👉 | 25. | 👉👉👉👉👉👉👉👉 |
| 12. | 👉👉👉👉👉👉👉👉 | 26. | 👉👉👉👉👉👉👉👉 |
| 13. | 👉👉👉👉👉👉👉👉 | 27. | 👉👉👉👉👉👉👉👉 |
| 14. | 👉👉👉👉👉👉👉👉 | 28. | 👉👉👉👉👉👉👉👉 |



# Movement Tracker

MONTH TWO

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28		

		
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# The Goddess

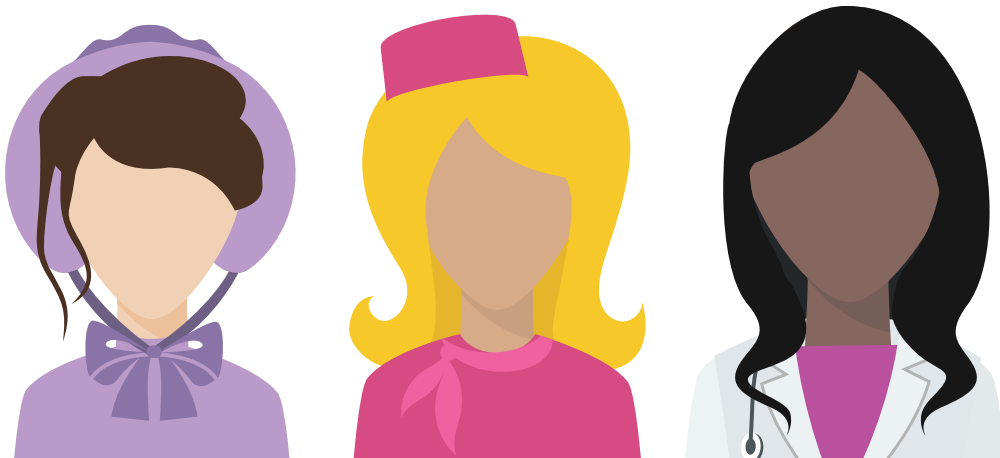
## Week Five

---

### **Vibrant. Loving. Sensual.**

A killer combo of Jane Austen meets Elle Woods meets force of nature, goddesses make their entrance with an onslaught of femininity and conviction. With the self-assurance of a Pinterest affirmation board, goddesses have a strong connection to their bodies, emotions, and potential. Motivated by a desire for **fulfillment**, goddesses yearn to have their powerfully loving interior world aligned with the actions they exhibit for their exterior health.

At their unhealthiest, goddesses are limited by their pride, not able to face the true lessons of unhealthy habits. At their healthiest, goddesses embody a genuine self-love that's an inspiration to others. Goddesses in story: Elizabeth Bennet, *Pride & Prejudice*. Mindy Lahiri, *The Mindy Project*. Joy, *Inside Out*. Sophia Burset, *Orange is the New Black*. Elle Woods, *Legally Blonde*.









## Superpower

---

### **Conviction**

Goddesses make their entrance with undeniable conviction. Goddesses know who they are and what they want out of the world. This confident single-mindedness allows the goddess to be accepting of herself while demanding more from the world. Unwavering when presented with opposition, the goddess holds true to her conviction that she knows what she deserves.



## Kryptonite

---

### **Pride**

The same fire that fuels the goddess' conviction can also become the fire for a stubborn pride. Goddesses can quickly become single-minded, convinced that only they know how things should be. This makes them unapproachable, creating resentment when there could be understanding.



## Food

---

### **Reward**

Goddesses have a “treat yourself” mentality when it comes to food. Whether it is celebrating with a fancy dinner out after a promotion or splurging on a green drink after a hard workout, goddesses will spend the time – and money – to reward themselves with food. At their unhealthiest, goddesses get in the habit of turning to food so often that the effects become more punishment than reward.



## Body

---

### **Self-Care**

Goddesses, more than any other type, have a loving awareness of their body. Goddesses will take the time for self-care – whether it be long bubble baths, manicures, or acupuncture. Their relationship to their body shows in the care they take with their appearance. At their unhealthiest, Goddesses struggle with vanity and jealousy, focused only on the exterior and forgetting the foundations of wellness.



## The Villain

---

### **Sea Witch**

Sea witches are jealous, vain, and dramatic. The sea witch threatens to disrupt the fulfillment of the healthy goddess by indulging in comparison and vanity. The sea witch shadows the goddess through her life, taking snapshots of what she sees as people who have it "better." The sea witch uses this as the evidence she needs to push the goddess towards unhealthy resentment and jealousy.

*You aren't worthy.  
The world is unfair.  
You will never have what they have.*



## The Mentor

---

### **Diva**

The diva is vivacious, glamorous, and talented. The diva teaches the goddess how to create her own spotlight, leaning into the goddess' conviction and sense of self. In direct opposition to the sea witch, the diva shows by example that the goddess is unique, her life beyond comparison. The diva helps the goddess to accept her own power, convincing her she has everything she needs to shine.

*You are worthy.  
Be true to yourself.  
You make your own spotlight.*



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**INTENTION**

---

fulfillment

harmony

acceptance

---

**GRATITUDE PROMPT**

---

Express gratitude for the area of life you have the most fulfillment.

Today's Affirmation:

---

I trust ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:







DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty box for daily notes

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- fulfillment
- harmony
- acceptance

\_\_\_\_\_

GRATITUDE PROMPT

Express gratitude the people who accept you as you are.

Today's Affirmation:

\_\_\_\_\_

I trust ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- fulfillment
  - harmony
  - acceptance
- 

GRATITUDE PROMPT

Express gratitude for a female role model that inspires you.

Today's Affirmation:

I trust ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- fulfillment
- harmony
- acceptance

---

GRATITUDE PROMPT

Express gratitude for music that lifts you up.

Today's Affirmation:  


---

 I trust ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- fulfillment
- harmony
- acceptance

GRATITUDE PROMPT

Express gratitude for the ways your body takes care of you.

Today's Affirmation:

I trust ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- fulfillment
- harmony
- acceptance

GRATITUDE PROMPT

Express gratitude for an article of clothing that helps you express who you are.

Today's Affirmation:

I trust ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- conviction
  - self-worth
  - beauty
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Sea Witch Lie:

---

Diva Truth:

# goddess - week five recap

Finishing up week five! Awesome work. Use the below questionnaire to reflect on how the goddess hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



What did you achieve by the end of the week?



DISSATISFACTION

FULFILLMENT



Which ability did you show this week?



UNCERTAINTY

CONVICTION



Which mindset did you have this week?



STUBBORN

AGREEABLE



---

How did you use food this week?



REWARD

NEUTRAL



---

How did you treat your body this week?



NEGLECT

SELF CARE



---

Which voice was louder this week?



SEA WITCH

DIVA



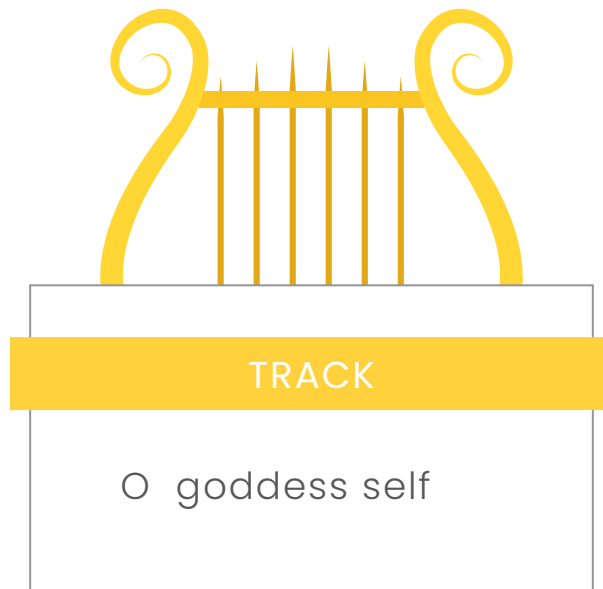
---

How did your habits go this week?



STRUGGLED

EXCELLED



## end credits

---

Close out goddess week by tracking the strength of your goddess self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

---

# The Phoenix

Week Six.

## **Authentic. Emotional. Creative.**

A phoenix's fire for wellness is fueled by a desire for **transformation**, a way to make meaning out of suffering. Intensely self-reflective, a phoenix is unafraid to deeply examine who she is, looking for any genuine spark that will help her understand her individuality. Often misunderstood as outcasts, phoenixes harness authenticity and intuition to shape their own unique path to health.

At their unhealthiest, phoenixes allow shame to limit the transformative power needed to change themselves and their world. At their healthiest, the phoenix reaches the greatest heights of wellness, lighting up the world with a unique fire. Phoenixes in story: Mulan, *Mulan*. Eleanor Shellstrop, *The Good Place*. Elphaba, *Wicked*. Maeve Millay, *Westworld*. Peggy Olsen, *Mad Men*.









## Superpower

---

### **Authenticity**

Phoenixes have the rare gift of knowing not only who they are, but having the integrity to share that self authentically. Not one to shy away from emotion or hard topics, the phoenix is quick to inspire others to self-reflect. With creativity and insight, phoenixes are able to use their authenticity to shape their wellness journey into one that is completely unique to them.



## Kryptonite

---

### **Criticism**

Because phoenixes are so open about their true self, receiving criticism can be a true challenge. Highly sensitive, phoenixes are always working on regulating their emotions, making them highly susceptible to others' judgements and opinions. When criticism becomes too overbearing, a phoenix can suffer a complete lack of confidence and even shame.



## Food

---

### **Numb**

Phoenix's use food to numb themselves against the intensity of their emotions and experiences, whether positive or negative. They often keep this relationship with food private and will engage in unhealthy habits secretly while portraying a healthy front to others. This Jekyll and Hyde dynamic causes immense shame in a phoenix. At their unhealthiest, phoenixes turn more and more into this secretive relationship with food, unable to cope with their emotions.



## Body

---

### **Detachment**

With a phoenix's primary focus on the interior world of emotions and thoughts, she can easily become detached from the physicality of the body. The body can feel foreign to them, to the point that they might not notice if they're hot or cold until hours later. They may feel that their outer appearance, even if just the expression on their face, doesn't reflect who they are.



## The Villain

---

### **Werewolf**

Werewolves are volatile, intense, and resentful. The werewolf self takes any small critique or judgment and turns it into a weapon of shame. The werewolf tries to convince the phoenix that there is something wrong with her, that she is broken and unwanted. The werewolf speaks from the shadows, trying to convince the phoenix that if anyone knew who she truly was, they would be disappointed or even disgusted.

*You are broken.  
You should be ashamed.  
No one knows who you really are.*



## The Mentor

---

### **Daredevil**

The daredevil is rebellious, brave, and exciting. Seemingly the opposite of the emotional phoenix, the daredevil is the perfect mentor for teaching the importance of acting out who you are, no matter the risk. The daredevil is completely free from the bonds of judgement and helps phoenixes live within that abandon by encouraging them to maintain their authenticity no matter what others may think of them.

*You have nothing to be ashamed of.  
The judgement of others is meaningless.  
Risks are worth taking.*



DATE: \_\_\_\_\_ M T W TH F SA SU

### DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

#### INTENTION

---

- transformation
  - creativity
  - expression
- 

#### GRATITUDE PROMPT

---

Express gratitude for your creative abilities.

Today's Affirmation:

---

I create ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

### DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

#### INTENTION

- transformation
- creativity
- expression

#### GRATITUDE PROMPT

Express gratitude for something you learned about yourself this month.

Today's Affirmation:

I create ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes or reflections.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- transformation
- creativity
- expression

GRATITUDE PROMPT

Express gratitude for a unique trait that you love about yourself.

Today's Affirmation:

I create ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Large empty box for daily notes]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- transformation
- creativity
- expression

\_\_\_\_\_

GRATITUDE PROMPT

Express gratitude for the people who encourage you to be who you are.

Today's Affirmation:

I create ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- authentic
  - self-aware
  - emotional
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Werewolf Lie:

---

Daredevil Truth:

# phoenix - week six recap

---

Week six in the books. Winning! Use the below questionnaire to reflect on how the phoenix hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



---

What did you achieve by the end of the week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

STATUS QUO TRANSFORMATION



---

Which ability did you show this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

PRIVACY AUTHENTICITY



---

Which emotion did you feel this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

SHAME ACCEPTANCE



---

How did you use food this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

NUMBING

NEUTRAL



---

How did you treat your body this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

DETACHMENT

ATTENTION



---

Which voice was louder this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

WEREWOLF

DAREDEVIL



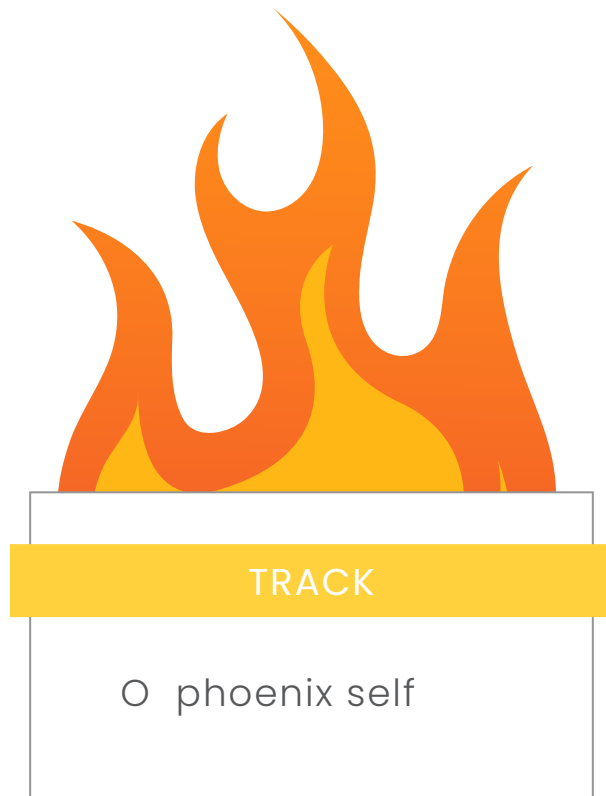
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How did your habits go this week?

○ ○ ○ ○ ○ ● ○ ○ ○ ○ ○ ○

STRUGGLED

EXCELLED



## end credits

---

Close out phoenix week by tracking the strength of your phoenix self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

---

# The Sorceress

Week Seven

**Intelligent. Inventive. Logical.**

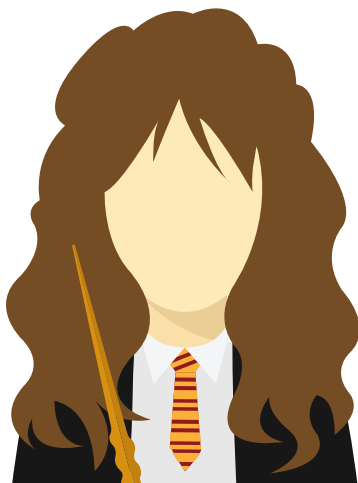
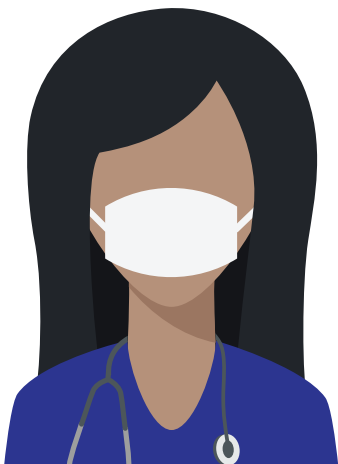
With bookshelves and computer tabs full of information on health and wellness, the curious sorceress seeks to answer the hard questions of how our minds and bodies interact. The magic of the sorceress is less personal and more universal, their wellness journey motivated by a desire for **discovery**. With both brains and drive, the sorceress is relentless in seeking, finding, and sharing the truths of wellness.

At their unhealthiest, sorceresses remain stuck in a labyrinth of competing information, unable to act on what they know to be true.

At their healthiest, they use their knowledge to explore wellness in a whole new way, filling the world with magic. Sorceresses in story:

Galadriel, *Lord of the Rings*. Katherine Goble, *Hidden Figures*.

Hermione Granger, *Harry Potter*. Cristina Yang, *Grey's Anatomy*. Nancy Drew, *Nancy Drew*.









## Superpower

---

### **Curiosity**

Sorceresses are naturally curious about the world around them. This curiosity can lead to playful, short forays into researching various topics. But the power of the sorceress' curiosity comes forward when sorceresses focus their attention on subjects they are passionate about. They are driven to figure out even the most complicated mysteries.



## Kryptonite

---

### **Apathy**

It can be easy for a sorceress to stay stuck in intellectual pursuits, becoming apathetic about physical action. She often knows what to do, but doesn't have the motivation to follow through. Apathy can dispel the magic of the sorceress' curiosity by making it seem inconsequential, a whimsical pursuit rather than life-changing research.



## Food

---

### Habit

Sorceresses often turn to food out of habit. Caught up in their busy lives and intellectual pursuits, they make food a secondary concern. This makes the sorceress susceptible to falling into unhealthy eating behaviors, always getting something out of the vending machine in the afternoon, or always picking up takeout on the way home. The sorceress may find herself getting up and getting food before even realizing she's done it.



## Body

---

### Knowledge

Sorceresses tend to view their bodies as machines or experiments and are uniquely curious about how their bodies function, from hormones to metabolism. Their curiosity and knowledge give them an advantage in understanding and treating health concerns or habits. When they're unhealthy, they feel too much apathy to follow through on what they know, and their health can suffer.



## The Villain

---

### **Mastermind**

Masterminds are cunning, deceitful, and arrogant. The mastermind is the expert on all things manipulative. The mastermind uses rationalization to trick the healthy sorceress into unhealthy behavior.

The danger of the mastermind is that it has all of the sorceress' intelligence, making false claims seem unquestionably true. Within the mastermind's web of deceit, healthy choices become harder and harder.

*You can't trust yourself.  
You should start tomorrow.  
You've already blown it.*



## The Mentor

---

### **Mechanic**

While the mastermind moves to take power away from the sorceress, the mechanic supports the sorceress in her effort to solve problems. Driven by action, the mechanic will push the sorceress out of apathy and into problem-solving mode - leading the sorceress into not just finding solutions to problems, but implementing them.

*You are an expert.  
You can start today.  
Everything is fixable.*





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily entries.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- discovery
- learning
- problem solving

GRATITUDE PROMPT

Express gratitude for one thing you were able to learn about this month.

Today's Affirmation:

I know ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:







DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HERO ABILITY

---

- curious
  - active
  - intelligent
- 

TRACK

---

- movement
- water
- mood
- meditation
- routine

Mastermind Lie:

---

Mechanic Truth:

## sorceress - week seven recap

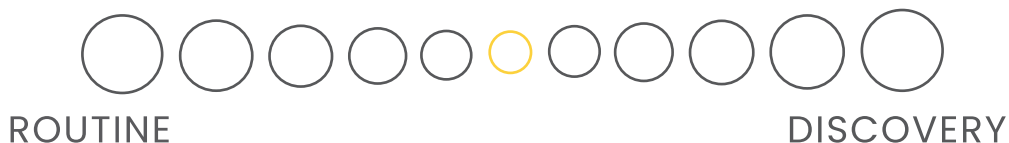
---

The last hero type week! Well done. Use the below questionnaire to reflect on how the sorceress hero type moved through your life this week. There are no right or wrong answers, simply take time to honestly reflect.



---

What did you experience by the end of the week?



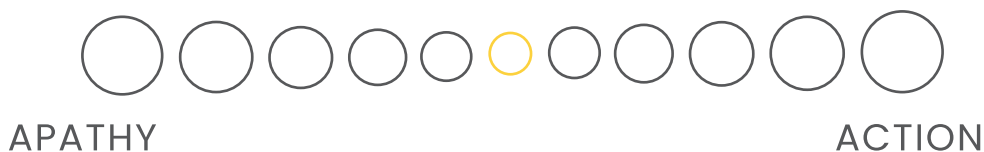
---

Which ability did you show this week?



---

Where did you feel pulled to this week?





---

How did you use food this week?



HABIT

NEUTRAL



---

How did you treat your body this week?



ASSUMPTIONS

KNOWLEDGE



---

Which voice was louder this week?



MASTERMIND

MECHANIC



---

How did your habits go this week?



STRUGGLED

EXCELLED



TRACK

○ sorceress self

end credits

---

Close out sorceress week by tracking the strength of your sorceress self on the **page 14** circle tracker. Use the opposite journal page for further reflection.

# Journal Page

---

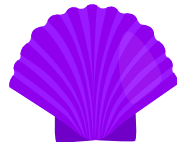
# Food Fight

## Week Eight

---

To close out our two months on the hero types, this week is going to be a focus on how each hero type turns to food. As we explore this topic, we do so without judgment. We are looking for awareness, not criticism. The more aware we are of how the hero types influence our food decisions, the more equipped we'll be to maintain healthy habits.

Up until now, we've focused on how the hero types use food in an unhealthy context, as a way to cope or reward or excite. But each hero type is able to use her strengths to heal that relationship with food. That's what this week will be all about.



## Mermaid's Food

---

### **Diversity**

At their unhealthiest, mermaids are tempted to use food as a form of heightened excitement. While this alone can lead to unhealthy behaviors, food doesn't have to be bland, boring, or routine. The healthy mermaid brings diversity to her meals, eating a wide variety of foods and cuisines.





## Queen's Food

---

### Simple

At their unhealthiest, queens turn to food for relaxation. That instinct is healthy – for those who are high-powered and hard-working, relaxation is essential. To create that healthy relationship with food, healthy queens make their food as simple and as easy as possible, letting go of their high expectations about having perfect or elaborate meals. Instead, food becomes a form of rest and nourishment, rather than another stressful task.



## Survivor's Food

---

### Community

At their unhealthiest, survivors look to food for escape. To turn that relationship around, the healthy survivor looks to food as a way to connect with others and form community. Cooking and eating with others demands presence rather than escape. When the healthy survivor is unable to eat in community, she sits down with intention, resisting the urge to escape and instead living in the present.



## Champion's Food

---

### **Purposeful**

At their unhealthiest, champions use food as comfort to combat loneliness. This process can mean picking up the nearest food, eating fast, and being mindless of what's in front of them. The value-driven champion can turn this relationship around by giving purpose to their eating. Champions flourish when their food aligns with their values, whether it's organic farming, or sustainability, or animal rights. When champions see their eating as acting out their values, it makes them feel less alone and more purposeful in their choices.



## Goddess' Food

---

### **Beauty**

At their unhealthiest, goddesses look to food solely for reward. The appreciative goddess can turn that relationship around by focusing on the beauty, presentation, and experience of food. That need for reward can come from admiring a beautifully plated meal, eating by candlelight, or sharing food with a loved one. Goddesses can fill their cup with the beauty of experience rather than looking to reward from the food itself.



## Phoenix's Food

---

### **Creative**

At their unhealthiest, phoenixes turn to food to numb their emotions.

Because the numbness never lasts, the healthy phoenix knows to look elsewhere for true solace. But that doesn't mean that food has to be mundane or stressful. The creative phoenix can bring back a healthy relationship with food when making the process creative. Trying new recipes and being in the kitchen connects the phoenix to food by making it something she's created.



## Sorceress' Food

---

### **Nourishment**

At their unhealthiest, sorceresses seek food out of habit, often mindlessly snacking or turning to food not out of want but out of routine. The healthy sorceress can break that pattern by seeking ways to experiment with food and how it affects the body.

Sorceresses will find that focusing on the nourishment and science of food is a healthy way to bring intellectual curiosity to what was once a bad habit.





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

FOOD INTENTION

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

GRATITUDE PROMPT

Express gratitude for the way food fuels your body.

Today's Affirmation:

I celebrate ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for daily notes]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

FOOD INTENTION

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

GRATITUDE PROMPT

Express gratitude for the last meal someone cooked for you.

Today's Affirmation:

I celebrate ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

**DAILIES**

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**FOOD INTENTION**

---

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

**GRATITUDE PROMPT**

---

Express gratitude for a food tradition your family taught you.

**Today's Affirmation:**

---

I celebrate ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for daily notes]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

FOOD INTENTION

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

GRATITUDE PROMPT

Express gratitude for a vegetable you love to cook.

Today's Affirmation:

I celebrate ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

FOOD INTENTION

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

GRATITUDE PROMPT

Express gratitude for the farmers and workers that grow your food.

Today's Affirmation:  

---

I celebrate ...



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

FOOD INTENTION

- diversity
- simple
- community
- purposeful
- beauty
- creative
- nourishment

GRATITUDE PROMPT

Express gratitude for the plants and animals that nourish you.

Today's Affirmation:

I celebrate ...





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

FOOD REVIEW

---

- nourishing
- delicious
- easy
- fun
- mindful
- filling
- new

TRACK

---

- movement
- water
- mood
- meditation
- routine

Unhealthy Food Thought:

---

Healthy Food Thought:

# food fight - week eight recap

Eight week done! Whoot whoot! Use the below questionnaire to reflect on how the relationships of the hero types to food show up in your life.

Remember, no judgement, just awareness!



What does your mermaid self look for in food?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

EXCITEMENT

DIVERSITY



What does your queen self look for in food?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

RELAXATION

SIMPLICITY



How does your survivor self use food?

A horizontal row of 11 circles. The 6th circle from the left is highlighted in yellow, indicating a rating of 6 out of 11.

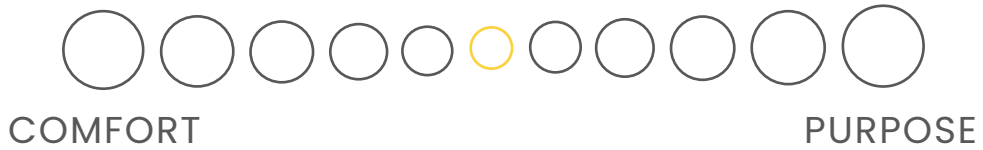
ESCAPE

COMMUNITY



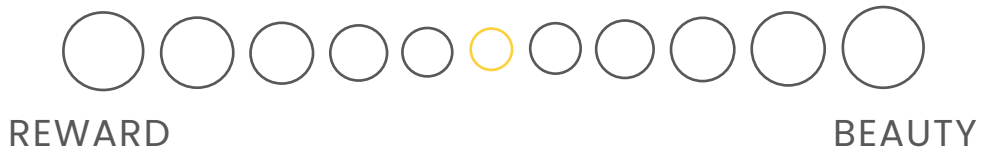
---

How does your champion self use food?



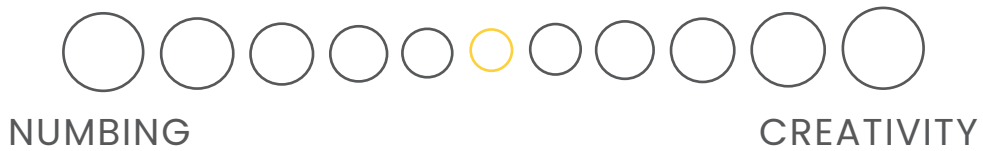
---

What does your goddess self use food for?



---

What does your phoenix self look for in food?



---

How does your sorceress self use food?





## the final countdown

---

You've just finished two months of the Healthy Hero Sidekick! You are a rockstar. This next month is going to be an opportunity to experiment with how to incorporate all of the hero types into your life. Each morning you will set an intention for what hero type to embody that day. And each evening you will celebrate the heroic abilities each hero exemplifies. Before jumping into next month, review your hero type tracker on **page 14** and answer the questions below.

Which hero type was strongest in your life these past two months?

Which hero type was weakest in your life these past two months?

Looking forward to the next month, which hero type would be most helpful in supporting your healthy habits?

Keep your answers in mind as you make your daily intentions. Strengthen your weaker hero types, celebrate your strongest hero types, and use all of them to support your healthy goals. Use the opposite page for further reflection.

# Journal Page

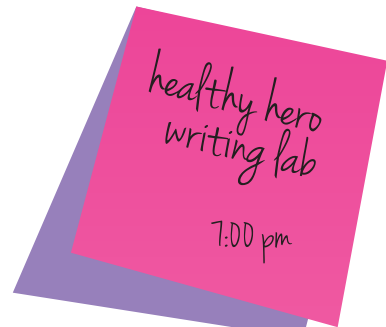
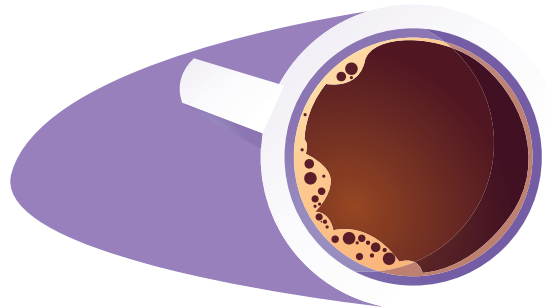
---

# MONTH THREE



A schedule is a peace and a haven  
set into the wreck of time.

Annie Dillard



# Bucket List

---



this month I want to accomplish...

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

MONTH THREE

morning routine

○
○
○
○
○
○
○
○
○

night routine

○
○
○
○
○
○
○
○
○

### MORNING TRACKER

○	○	○	○	○	○	○	★	○	○	○
○	○	○	○	★	○	○	○	○	○	○
○	★	○	○	○	○	○	○	○	★	

### NIGHT TRACKER

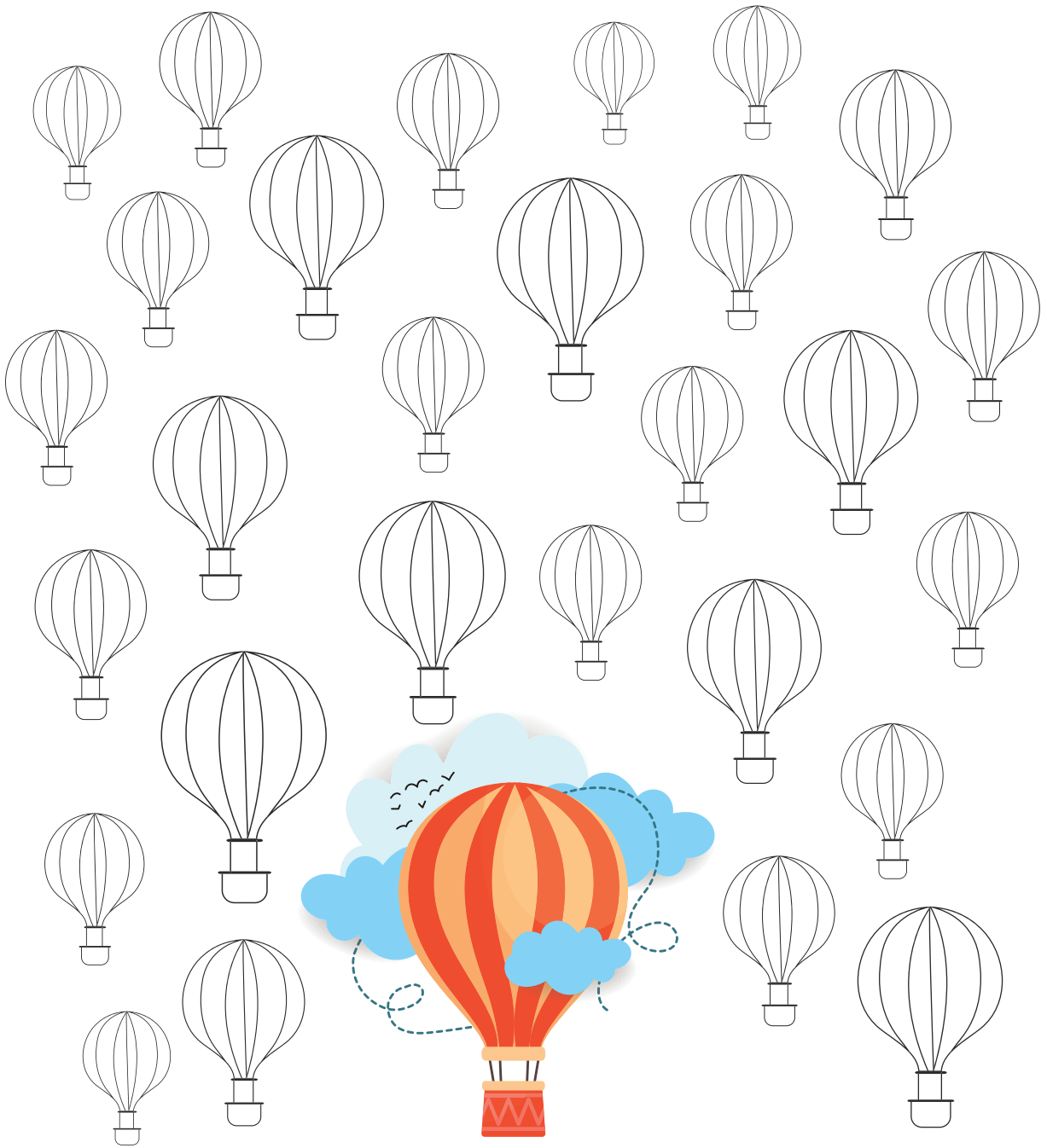
○	○	○	○	○	○	○	★	○	○	○
○	○	○	○	★	○	○	○	○	○	○
○	★	○	○	○	○	○	○	○	★	



# Meditation Tracker

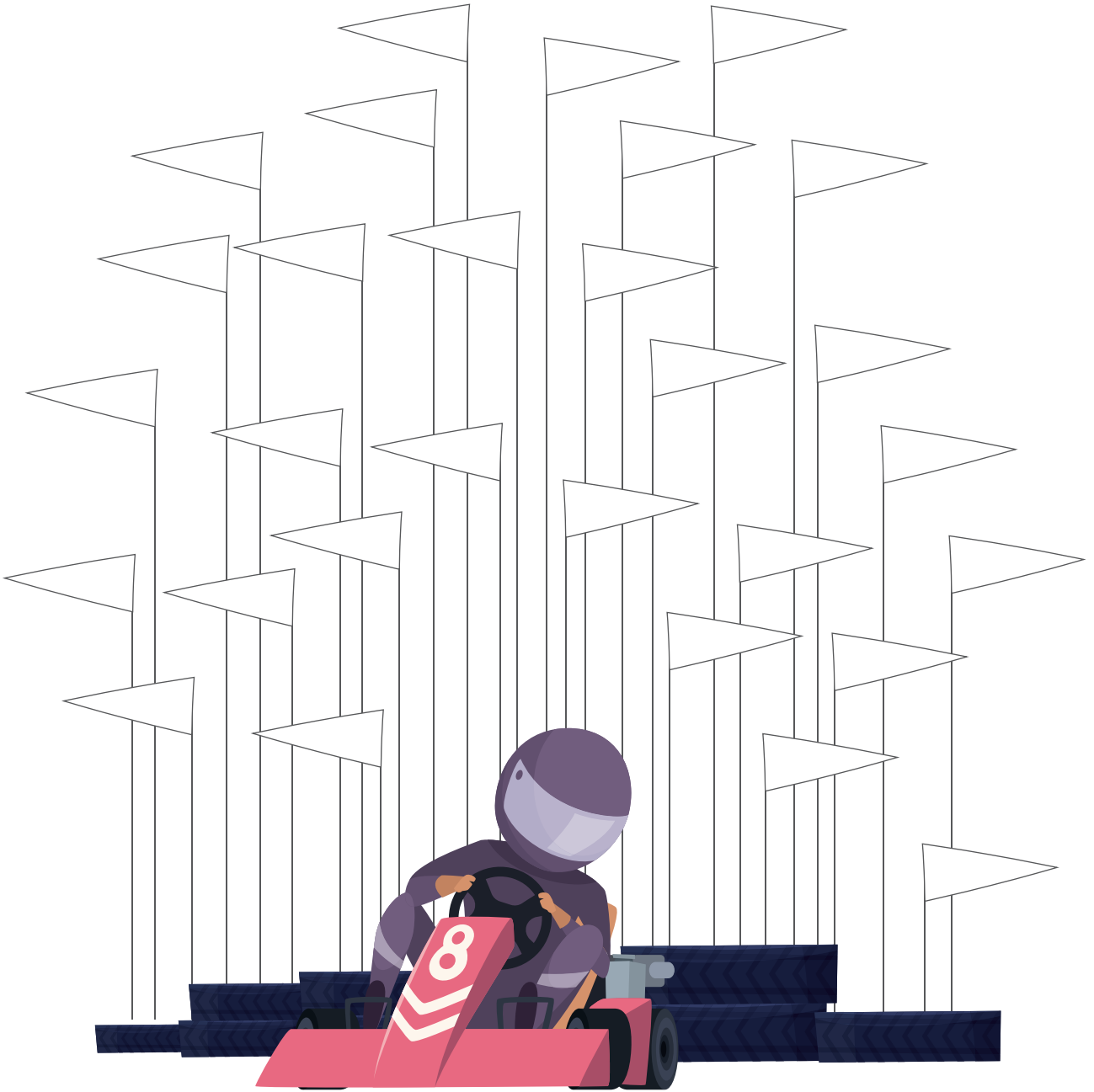
## MONTH THREE

○ MINS ○ MINS ○ MINS



# Light Mood Tracker

MONTH THREE



JOYFUL

ENERGIZED

CALM

BRAVE

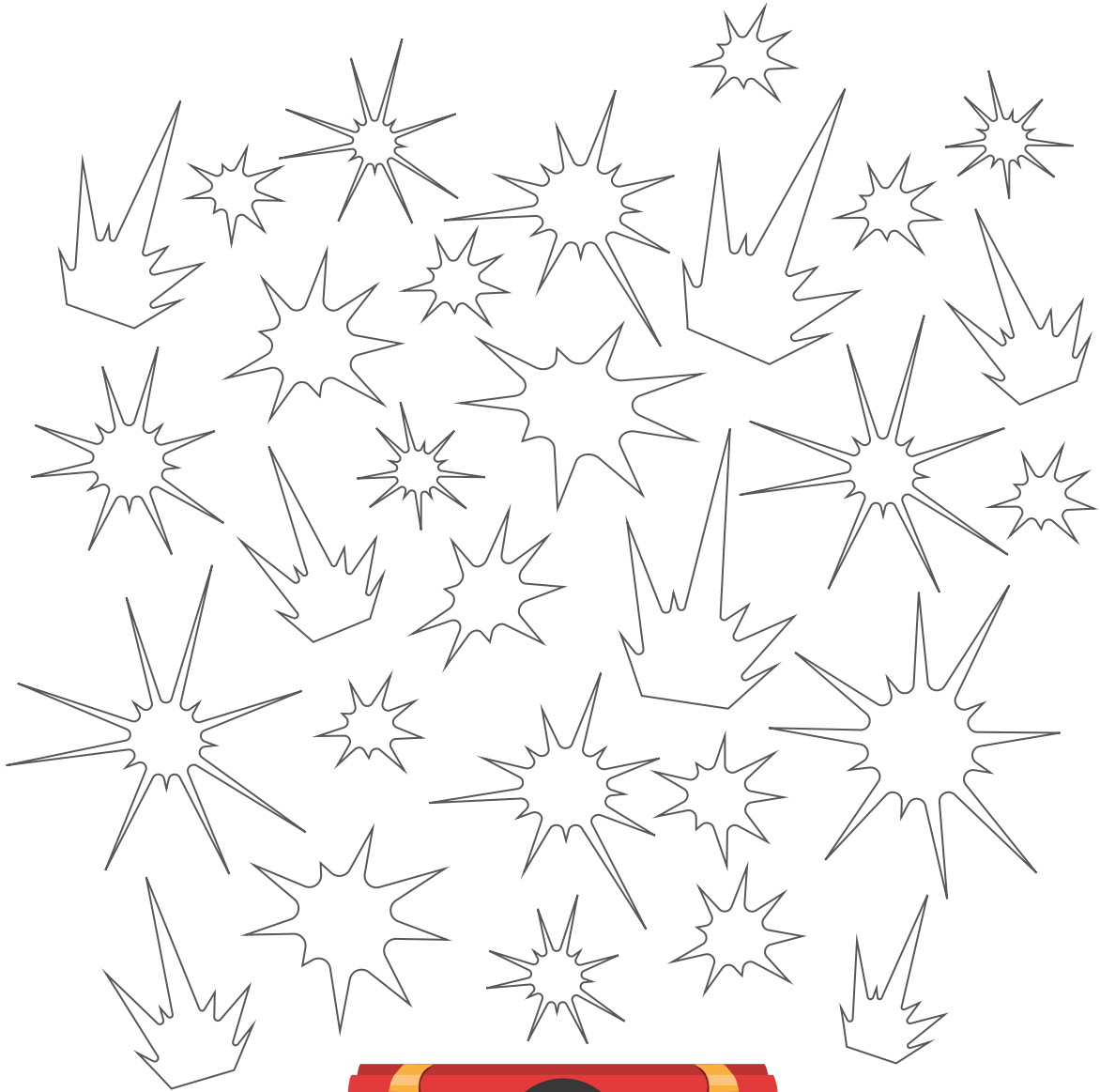
WORTHY

CURIOUS

STRONG

# Dark Mood Tracker

MONTH THREE



FRUSTRATED



TIRED



ANXIOUS



LONELY



HOPELESS



SAD































BORED

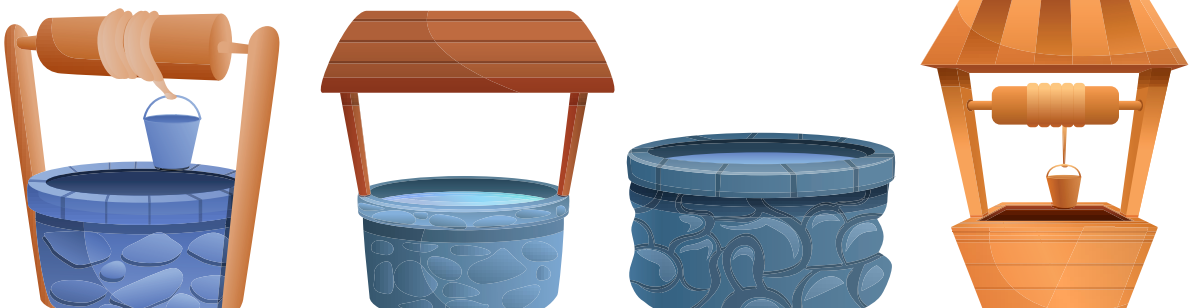


# Hydration Station

MONTH THREE


1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 




15. 
16. 
17. 
18. 
19. 
20. 
21. 
22. 
23. 
24. 
25. 
26. 
27. 
28. 



# Movement Tracker

MONTH THREE

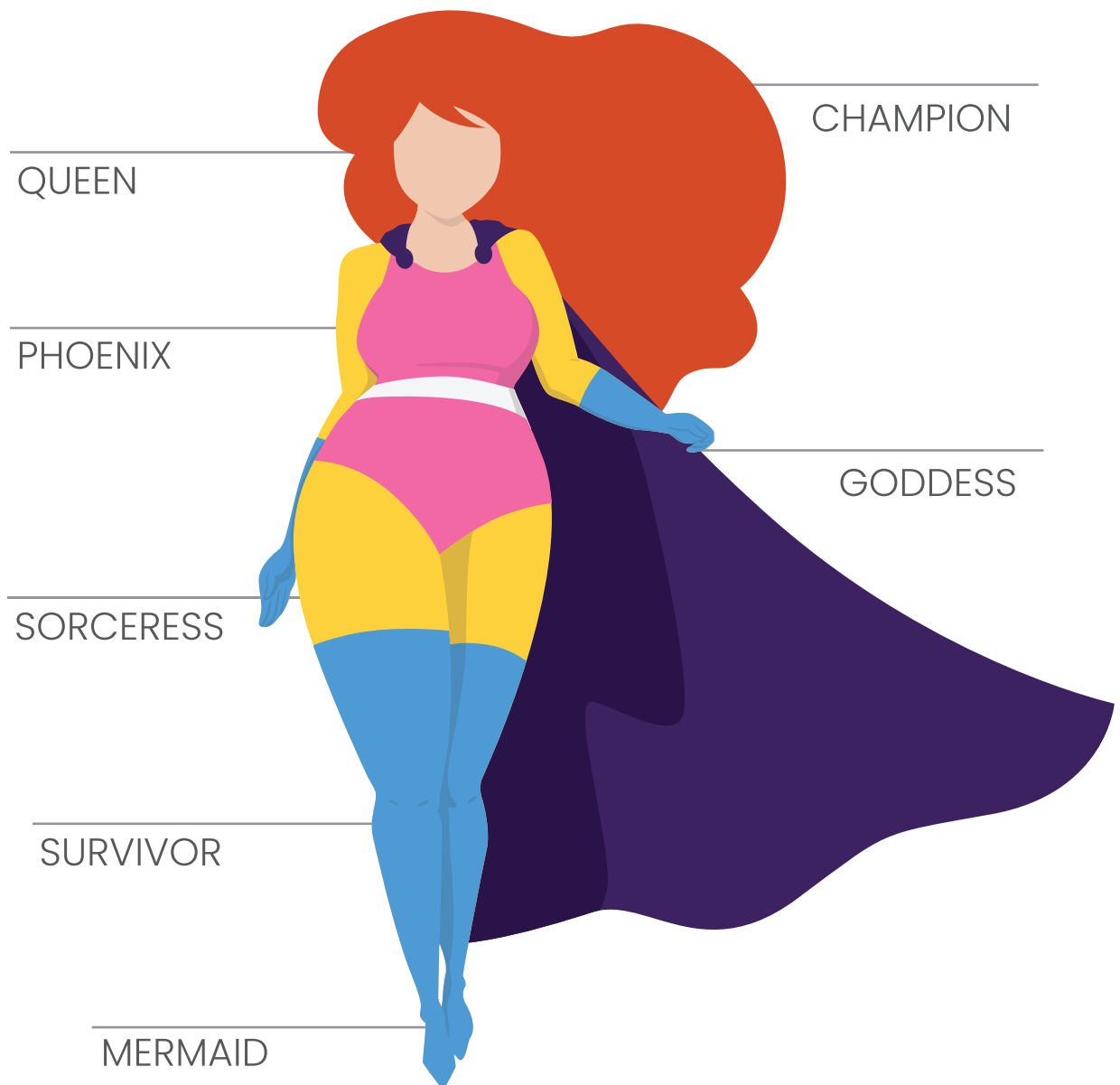
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28		

		
---	---	--

# Build Your Hero

---

As distinct as the hero types are, they are all housed within us. Accessing them fully allows us to be our healthiest self. Using the prompts on the opposite page and your own imagination, choose symbolic visualizations to represent the different heroic parts of yourself. Don't feel limited to the image of a "superhero." Your healthy identity could be your dominant hero type, or a witch, a rebel, a knight, or a detective. Write your empowered choices on the lines below for each hero type.



## CHAMPION

---

The champion self represents attack. She represents the power we use to fight for what's important to us. CHOOSE: Weapon or superpower your champion self wields.

## QUEEN

---

The queen self represents decision-making, our ability to lead, communicate, and organize. CHOOSE: Crown, jewelry, or ornament your queen self wears.

## PHOENIX

---

The phoenix self represents intuition, our ability to harness emotion and creativity when choosing our path. CHOOSE: Unique symbol, tattoo, or scar that represents your phoenix self.

## GODDESS

---

Our goddess self represents confidence, the outer layer that represents our inner self. CHOOSE: Colors that represent your goddess self.

## SORCERESS

---

The sorceress self represents problem-solving, our analytical ability to learn and find solutions. CHOOSE: Tool or device that aids your sorceress self during the journey.

## SURVIVOR

---

The survivor self represents defense, the strength we use to protect who we are. CHOOSE: Armor, clothing, or items to protect your survivor self.

## MERMAID

---

The mermaid self represents change, the part of us that moves, adapts, and searches for the next adventure. CHOOSE: Boots, shoes, or transportation that allow your mermaid self to move.

# Your Heroic Self

---

Use this page to name your new heroic identity - the imaginative hero you created in the previous pages. Maybe you're content to leave this persona with your own name (it is pretty great after all) or maybe you feel a Daenerys coming on and find that First of Her Name, the Breaker of Chains, and Mother of Dragons is a better moniker.

hero name:

Come back to this name and identity in those times when you find yourself struggling these next three months. If you struggle with one hero type self in particular, visualize what imaginative choice you made to represent that part of yourself. How can you use that image to strengthen that part of yourself in the day-to-day real world?

---

To finish this heroic transformation, write out one affirmation that best reflects your heroic identity. Come back to this affirmation in your morning reflections when you need to bolster your heroic self. Need some inspo? Take a look to your right. (Outright plagiarism is cool too.)

hero affirmation:



“ I am practically perfect in every way.  
- Mary Poppins, **Queen**

“ I am defying gravity.  
- Elphaba, *Wicked*, **Phoenix**

“ I am everything I've learned and more.  
- Moana, **Mermaid**

“ I am a great big clump of talent.  
- Fanny, *Funny Girl*, **Goddess**

“ I am the gathering storm.  
- Storm, *X-Men*, **Survivor**

“ I am brilliant.  
- Cristina Yang, *Grey's Anatomy*, **Sorceress**

“ I am right on time.  
- Cheshire Cat, *Alice in Wonderland*, **Goddess**

“ I am a shield maiden and my hand  
is ungentle.  
- Eowyn, *Lord of the Rings*, **Champion**

“ I am who I'm meant to be.  
- Lettie, *Greatest Showman*, **Phoenix**





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HEROIC ABILITY

---

- courage - *mermaid*
- power - *queen*
- resilience - *survivor*
- belief - *champion*
- conviction - *goddess*
- authenticity - *phoenix*
- curiosity - *sorceress*

TRACK

---

- movement
- water
- mood
- meditation
- routine

Villain Lie:

---

Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

- freedom - *mermaid*
- control - *queen*
- peace - *survivor*
- revolution - *champion*
- fulfillment - *goddess*
- transformation - *phoenix*
- discovery - *sorceress*

GRATITUDES

Empty box for gratitude notes.

Today's Affirmation:  
\_\_\_\_\_



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HEROIC ABILITY

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TRACK

---

- movement
- water
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- routine

Villain Lie:

---

Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for daily notes]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

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GRATITUDES

[Empty box for gratitude notes]

Today's Affirmation:

\_\_\_\_\_



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HEROIC ABILITY

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TRACK

---

- movement
- water
- mood
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Villain Lie:

---

Mentor Truth:







DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

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HEROIC ABILITY

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TRACK

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Villain Lie:

---

Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

INTENTION

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GRATITUDES

---

Empty box for gratitude notes.

Today's Affirmation:

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CELEBRATIONS

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TRACK

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Villain Lie:

---

Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Empty box for daily notes

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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GRATITUDES

Empty box for gratitude notes

Today's Affirmation:

Affirmation line



DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

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LESSONS

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Villain Lie:

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Mentor Truth:





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Villain Lie:

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Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

[Empty box for journaling]

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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GRATITUDES

[Empty space for gratitude journaling]

Today's Affirmation: \_\_\_\_\_





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Mentor Truth:



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DAILIES

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GRATITUDES

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Villain Lie:

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Mentor Truth:



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DAILIES

Large empty box for daily notes.

SLEEP

ENERGY

INTENTION

- freedom - *mermaid*
- control - *queen*
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GRATITUDES

Empty space for writing gratitude notes.

Today's Affirmation:  
\_\_\_\_\_



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CELEBRATIONS

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CHALLENGES

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Villain Lie:

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Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

DAILIES

Large empty rectangular box for daily notes.

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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GRATITUDES

Large empty rectangular box for gratitude notes.

Today's Affirmation:

Horizontal line for writing the affirmation.





DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

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CHALLENGES

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TRACK

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- routine

Villain Lie:

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Mentor Truth:



DATE: \_\_\_\_\_ M T W TH F SA SU

### DAILIES

SLEEP ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

ENERGY ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

#### INTENTION

---

- freedom - *mermaid*
- control - *queen*
- peace - *survivor*
- revolution - *champion*
- fulfillment - *goddess*
- transformation - *phoenix*
- discovery - *sorceress*

#### GRATITUDES

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Today's Affirmation:

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DATE: \_\_\_\_\_ M T W TH F SA SU

CELEBRATIONS

---

CHALLENGES

---

LESSONS

---

HEROIC ABILITY

---

- courage - *mermaid*
- power - *queen*
- resilience - *survivor*
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- conviction - *goddess*
- authenticity - *phoenix*
- curiosity - *sorceress*

TRACK

---

- movement
- water
- mood
- meditation
- routine

Villain Lie:

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Mentor Truth:





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GRATITUDES

Empty space for writing gratitude notes.

Today's Affirmation:  
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GRATITUDES

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Villain Lie:

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Villain Lie:

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Villain Lie:

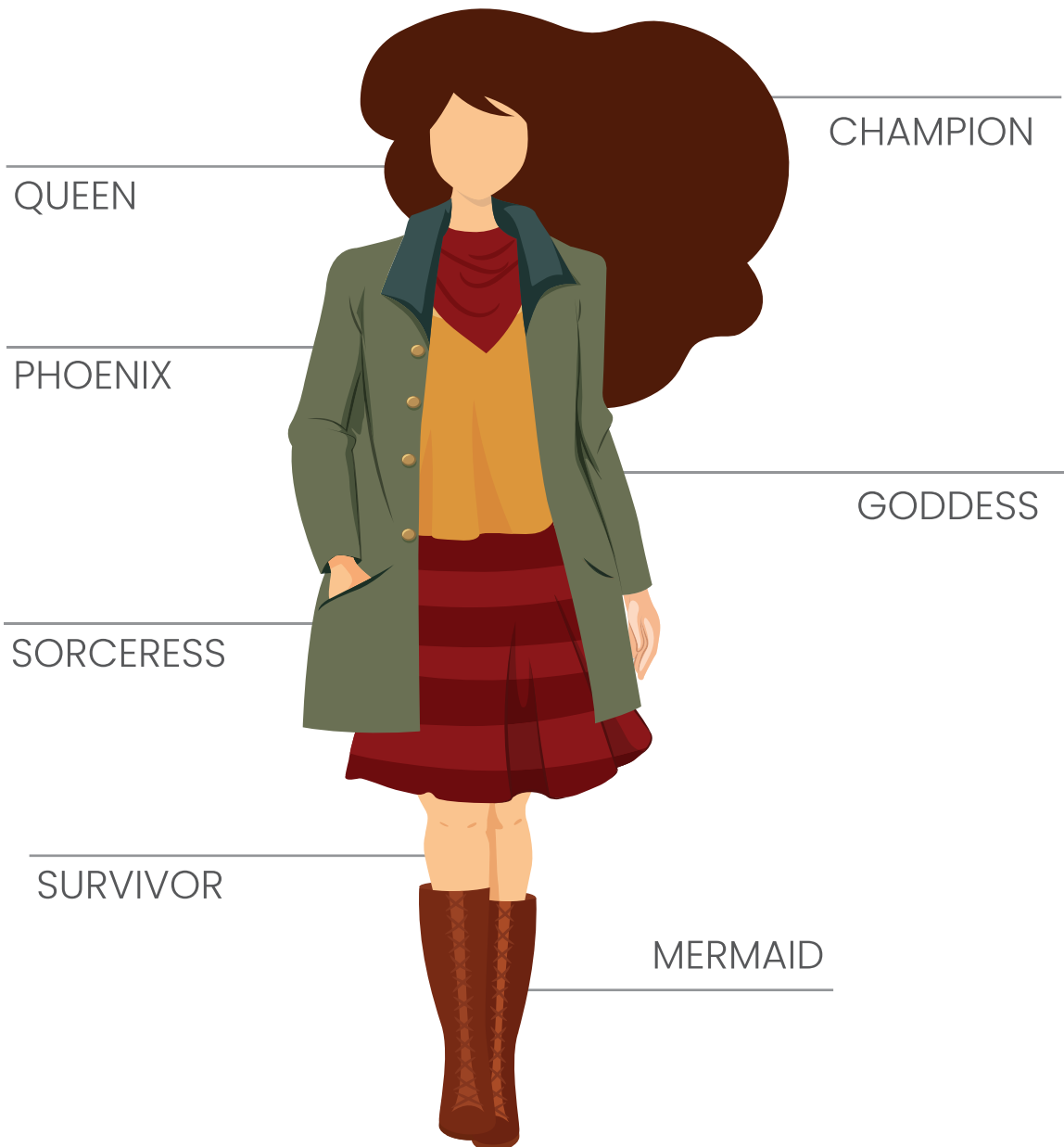
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Mentor Truth:

# Ordinary World

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The arc of the hero's journey ends with the hero returning home to share what she's learned. At the beginning of this journey, you imagined an imaginative hero (**page 230**). We will now take that hero into your ordinary world by using the prompts on the opposite page. Choose tangible ways to represent the different heroic parts of yourself in your day-to-day life. Use these elements as reminders of the lessons of your inner hero types.



## CHAMPION

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The champion self represents attack. The power we use to fight for what's important to us. CHOOSE: A cause or nonprofit to give your time, money, or skill.

## QUEEN

---

The queen self represents decision-making, our ability to lead, communicate, and organize. CHOOSE: A morning and evening routine to continue after this final page of the Sidekick.

## PHOENIX

---

The phoenix self represents intuition, our ability to harness emotion and creativity when choosing our path. CHOOSE: A blank journal to fill with further self-reflection.

## GODDESS

---

Our goddess self represents confidence, the outer layer that represents our inner self. CHOOSE: A perfume or flower whose scent empowers you.

## SORCERESS

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The sorceress self represents problem-solving, our analytical ability to learn and find solutions. CHOOSE: An author that can express the truths you remain curious about.

## SURVIVOR

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The survivor self represents defense, the strength we use to protect who we are. CHOOSE: A weekly time set aside to be completely alone to rest.

## MERMAID

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The mermaid self represents change, the part of us that moves, adapts, and searches for the next adventure. CHOOSE: Your next adventure.



Change the world by being yourself.

Amy Poehler

