Your weekly Mind, Menu, Move reflection

Take a moment to notice how you have cared for yourself, what has helped this week and what you would like to make room for next week.

Use a few words or continue in a journal to reflect on your thoughts. There are no right or wrong answers. This is a personal reflection, simply a chance to get your thoughts onto the page.

Week beginning: _____



Mind

Sleep · Stress · Connection

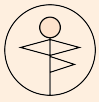
What helped me rest, manage stress or feel connected this week? What would I like more space for?



Menu

Whole-food nutrition · Hydration · Supplementation

What supported me with food and hydration this week? What would I like to understand better about my nutrition?



Move

Daily activity · Exercise · Nature

How did I move and spend time outdoors this week? What did I enjoy, and how did I feel afterwards?

One thing for the week ahead

Use your reflection to choose one realistic, achievable thing you can do today or this week to support your future self. These three questions will help you make a plan that fits your life.

01

What could I do for myself this week?

Perhaps a trip to the gym, a healthy family meal or time to plan a less stressful week. Choose one thing that feels useful to you.

02

When and how will I make it happen?

Choose a day and time. What could I prepare or set aside so it fits around my other commitments?

03

What would help me follow through?

Who could support me? If plans change, what smaller version could I try instead?

Remember what you love

Take a moment to remember the things you love and what makes you feel like you. Use words, sketches or photos to explore what you would like to make more room for.

What do I love doing?

What interests would I like to reconnect with?

What would I like more of?

Think about time, space or experiences.

What could I do less of?

What takes more from me than it gives?

Who supports me?

Who helps me feel connected and understood?

What am I grateful for?

What is already good in my life?

What matters to my future self?

What would I like to make room for?

One positive thing I will carry into the week ahead is...

Explore working with Natalie

For more time to reflect and find realistic ways to care for your health, visit The Longevity Coach.