



LIFESTYLE PACK

 PHASE 2 JOURNAL

DATE STARTED: _____

DATE COMPLETED: _____

DAY 31	
DAY 32	
DAY 33	
DAY 34	
DAY 35	
DAY 36	
DAY 37	

PHASE 2 GUIDELINES

Follow these lifestyle guidelines as best you can and keep track of how you're feeling each day to see what practices are working best for you.

1. TRY REGULARLY EXPRESSING GRATITUDE FOR THE LITTLE THINGS IN YOUR LIFE THAT ARE GOOD.
 - Try daily journaling to get started on this practice.
2. PRACTICE SPEAKING POSITIVE THINGS ABOUT YOURSELF & YOUR CONDITION THAT ARE ACTUALLY TRUE OR THAT YOU WANT TO BE TRUE.
 - Try self-affirmations. These statements are not contingent on "what ifs" or circumstances, and are immediately gratifying. An example of this would be saying " I feel so much better" (even if you don't yet).
3. MAKE YOUR "HAPPY LIST" AND TRY TO DO AT LEAST ONE THING FROM IT EVERY SINGLE DAY. MAKE IT A PRIORITY.
 - Once you make your list place it on your fridge or office computer where you can easily see it. Practice doing at least one thing from it every day.

TIP

EASY STEPS YOU CAN TRY:

- Keep track of times throughout your day where you notice your body or mind feels better. Write it down to learn what your stress reducing practices are. Once you identify them try to add more of them into your daily routine. Don't feel guilty. This is your medicine and vital for your recovery.



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DAY 38	
DAY 39	
DAY 40	
DAY 41	
DAY 42	
DAY 43	
DAY 44	

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DAY 45	
DAY 46	
DAY 47	
DAY 48	
DAY 49	
DAY 50	
DAY 51	

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DAY 52	
DAY 53	
DAY 54	
DAY 55	
DAY 56	
DAY 57	
DAY 58	

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LIFESTYLE PACK

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DAY 59

DAY 60

DATE STARTED: _____

DATE COMPLETED: _____

PHASE 2 GUIDELINES

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