

THE 10 DAY WELLNESS 360
**ADDING-IN
CHALLENGE**
BLUEPRINT

1

Lesson
ONE



What is ADDING-IN?

Adding-In is a holistic Wellness 360 tool that supports you to make lasting lifestyle changes through a step-by-step process. Rather than focusing on eliminating, subtracting, detoxing, dieting, depriving...we focus on adding in new healthy, holistic lifestyle habits. *When you add in, you slowly push out the things that no longer serve you.*

Join us in the 10 Day Adding-In Challenge! Follow the steps below...

1. Identify a Wellness 360 Wheel element that you want to focus on.
2. Choose one action step in that area that you can commit to for the next 10 days. Use the list of suggestions below to support you or come up with your own.
3. Report your findings each day of the challenge on the following pages.



WELLNESS 360

adding-in suggestions



FOOD ADD-INS

- Eat vegetables with breakfast
- Experiment with natural sweeteners
- Enjoy chemical-free food
- Do a Pantry Makeover



RELATIONSHIP ADD-INS

- Create special time to connect
- Make an extra phone call
- Surprise someone
- Practice saying no



MOVEMENT ADD-INS

- Walk daily
- Try a new movement
- Practice yoga
- Stand at your desk



CAREER ADD-INS

- Set new goals
- Do an informational interview
- Ask for a raise or new work arrangement



SLEEP ADD-INS

- Read a book before bed
- Go to bed early
- Sleep in



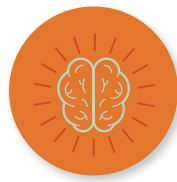
FINANCE ADD-INS

- Review your financial goals
- Track your spending
- Purchase something you desire
- Wait to purchase something you desire



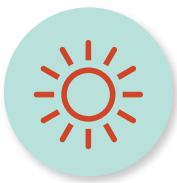
AIR ADD-INS

- Use an air purifier
- Diffuse essential oils
- Practice breath work or deep breathing
- Go outside for fresh air



MINDSET ADD-INS

- Identify your limiting beliefs
- Explore what triggers you
- Journal about your fears
- Speak positively



SUNSHINE ADD-INS

- Enjoy some time in the sun
- Wake up to see the sunrise
- Watch the sunset
- Get a Vitamin D test



SPIRITUALITY ADD-INS

- Commit to a daily meditation, prayer or spiritual practice
- Read spiritual literature
- Listen to what speaks to your soul



WATER ADD-INS

- Drink more water
- Add natural boosters like fruit or herbs to your water
- Install a water filter



PURPOSE ADD-INS

- Dream about what's possible
- Share your vision with another
- Help someone using your gifts

MY 10-day challenge

What will I add in more of? _____

When will I add this in? (i.e. daily, weekly, etc.) _____

Why did I choose this to add in? _____

Track your experience

What do I notice...

After day 1: _____

After day 2: _____

After day 3: _____

After day 4: _____

After day 5: _____

After day 6: _____

After day 7: _____

After day 8: _____

After day 9: _____

After day 10: _____

What do I notice after completing the challenge? _____

How did I feel adding in? _____

What will I do differently now? _____

Notes: _____