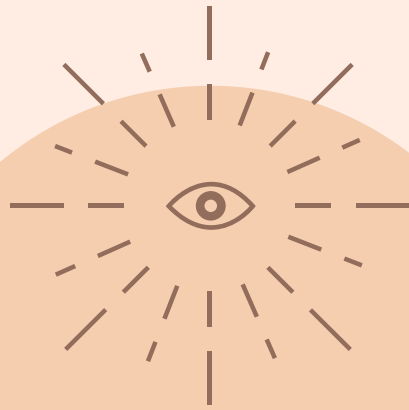




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LOCKDOWN WELLBEING BIBLE

Katie May Chesworth



Welcome

I wanted to create this wellbeing bible to help you during the winter months of lockdown.

Wellbeing is something I am really passionate about and something we should all be focusing on right now as this is what will make you feel good, well and happy - even during these very strange times!

The next few pages are filled with wellbeing activities to help you put YOU first

Katie May xo



Why your wellbeing is so important

The dictionary defines wellbeing as;
“the state of being comfortable, healthy, or happy.”

which, when you think about it, is a pretty huge thing.

There are so many different elements of wellbeing, and lots of different things we can do to enhance our wellbeing and feel good.

There are 6 main pillars to wellbeing; Physical, Mental, Social, Intellectual, Environmental and Spiritual.

In summer, it can be a lot easier to fulfil those pillars; you're outside more and usually you have more planned. The days are longer and it's not freezing outside!

Winter + Lockdown is likely to have a massive impact on your mental health. This is why looking after your wellbeing is even more important than normal.

Our wellbeing is important because it's what makes us feel good.

If you do look after your wellbeing, you're more likely to experience anxiety, depression and have physical health problems too.

That's not to say you don't experience them when you focus on your wellbeing, I know I do, but by focusing on your wellbeing, you can take more control over your health and how you feel and make the most of life!





“Everything is a gift of the universe –
even joy, anger, jealousy, frustration, or
separateness. Everything is perfect either
for our growth or our enjoyment”

– Ken Keyes Jr.

Prioritising Wellbeing this lockdown

We've spoken about how wellbeing means different things to everyone, but there are some simple things which will make us all feel better.

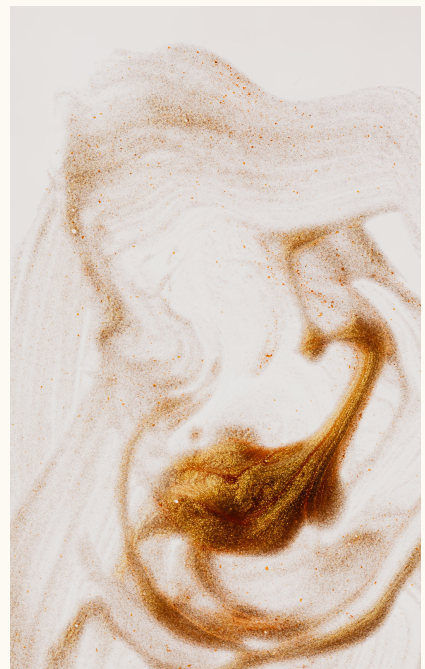
Knowing what makes you feel good is essential, which is why the first task in this workbook is creating your feel good list!

There are lots of things which impact our wellbeing; what we're eating, how much sleep we get, our social interaction, being intentional with our time, how much daylight and fresh air we get.

Taking time each day to focus on YOU is key to wellbeing. Small things which make you feel good and don't overwhelm you.

The biggest change you can make is to be intentional with your time. Instead of mindlessly scrolling instagram whilst you're watching Netflix and can leave you feeling like you've wasted an hour. But being intentional with sitting down to watch a film or series is still good for you.

Wellbeing isn't meant to feel like a chore. It's meant to make you feel good. That's not to say sometimes it's harder, but make sure your nourishing your body and your soul and you will notice a massive change.



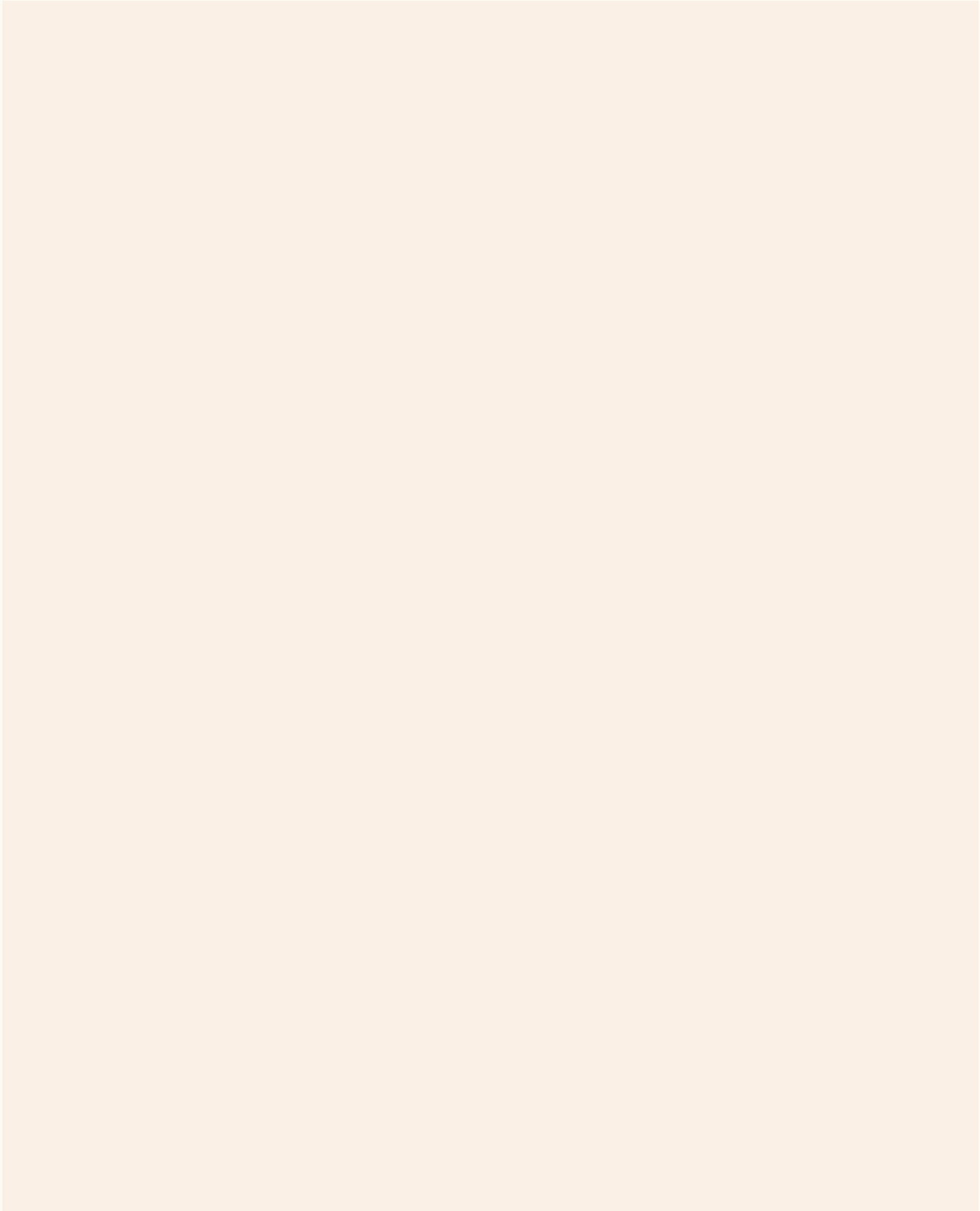
Your Feel Good List

It's time to look at what makes you feel GOOD and full of energy, and what makes you feel a little meh?

HIGH VIBE

NOT SO HIGH VIBE

How can you add some feel
good energy into your day



Journal Prompts

Here are some daily and weekly journal prompts to use which will really help you check in with yourself and help you keep intentional

Daily Journal Prompts

How are you feeling today?

What can you do today to make you feel good?

What is your intention for the day?

What do you want to achieve today?

&

Weekly Journal Prompts

What are 3 big wins this week?

What else went well this week?

What were 3 challenges this week?

3 improvements for next week

How did last weeks improvements go?

Guide to a good nights sleep

Sleep is so important for your wellbeing. Here's a simple checklist to help you make the most of your sleep time

- Turn your phone off 1 hour before you go to bed
- Clean your sheets regularly (including blankets)
- Download your day in your journal
- Have a calming (caffeine free) tea
- Write a gratitude list
- Go to sleep, and wake up, at the same time each day
- Listen to audiobooks/sleep stories before bed
- Don't eat right before bed
- Follow a sleep meditation
- If you're thoughts are stopping you from sleeping, write them in your journal

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Daily Habit Tracker

Creating daily wellbeing habits is a big part of focusing on your wellbeing. Before you know it, it all starts to become second nature to you! I've set 4 good wellbeing habits to keep, and left two blank so you can create your own!

Journalling

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Spent at least 10 mins outside

M	T	W	T	F	S	S
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☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Drank 2 litres of water

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Spent 1hr away from phone

M	T	W	T	F	S	S
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Fifth Habit Here

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Sixth Habit Here

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☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Daily Planner

Goals for the day:

06:00

07:00

08:00

09:00

10:00

11:00

12:00

01:00

02:00

03:00

04:00

05:00

06:00

08:00

09:00

10:00

11:00

12:00

Weekly Planner

TO DO THIS WEEK

MON

TUE

WED

THU

FRI

SAT

SUN

APPOINTMENTS

Monthly Planner

MON	TUE	WED	THU	FRI	SAT	SUN

Notes

30 Day Wellbeing Plan

Here are 30 prompts to help you. Some are journal prompts, other's task to help you find your version of wellbeing

01

How do you feel right now?

02

What does your ideal morning look like?

03

What does your ideal evening look like?

04

What does your ideal day look like? Can you make it a reality?

05

How can I act with intention?

06

What makes me feel calm? How can I incorporate it into my daily life?

07

What positive affirmations can I take into the next week?

08

What movement feels good to you? Find a way to MOVE for 30mins every day

09

Write a list of new healthy recipes. Try a new one every week

10

Turn your phone off 1 hour before you go to bed

11

Meditate for 5 minutes. Try and do this every day for the rest of this month

12

Spend 10 minutes in the morning journaling

13

Unfollow social media accounts which don't serve you

14

Have a cleansing bath/shower

15

Write down 10 things you're grateful for today

16

What is blocking me achieving what I want? How can I change that

17

I forgive myself for...

18

What situations/circumstances or people trigger negative emotions within me. Why do I feel that way?

19

What lies is my inner critic telling me? How are these holding me back?

20

What makes me happiest in my life right now?

21

What are my core values?

22

Do other people's opinions and standards determine my actions?

23

Where are my thoughts usually – the past, present, or future?

24

What unhealthy habits are holding me back?

25

Write a list of achievements from the week

26

3 goals for the week ahead...

27

What positive things have I done on purpose?

28

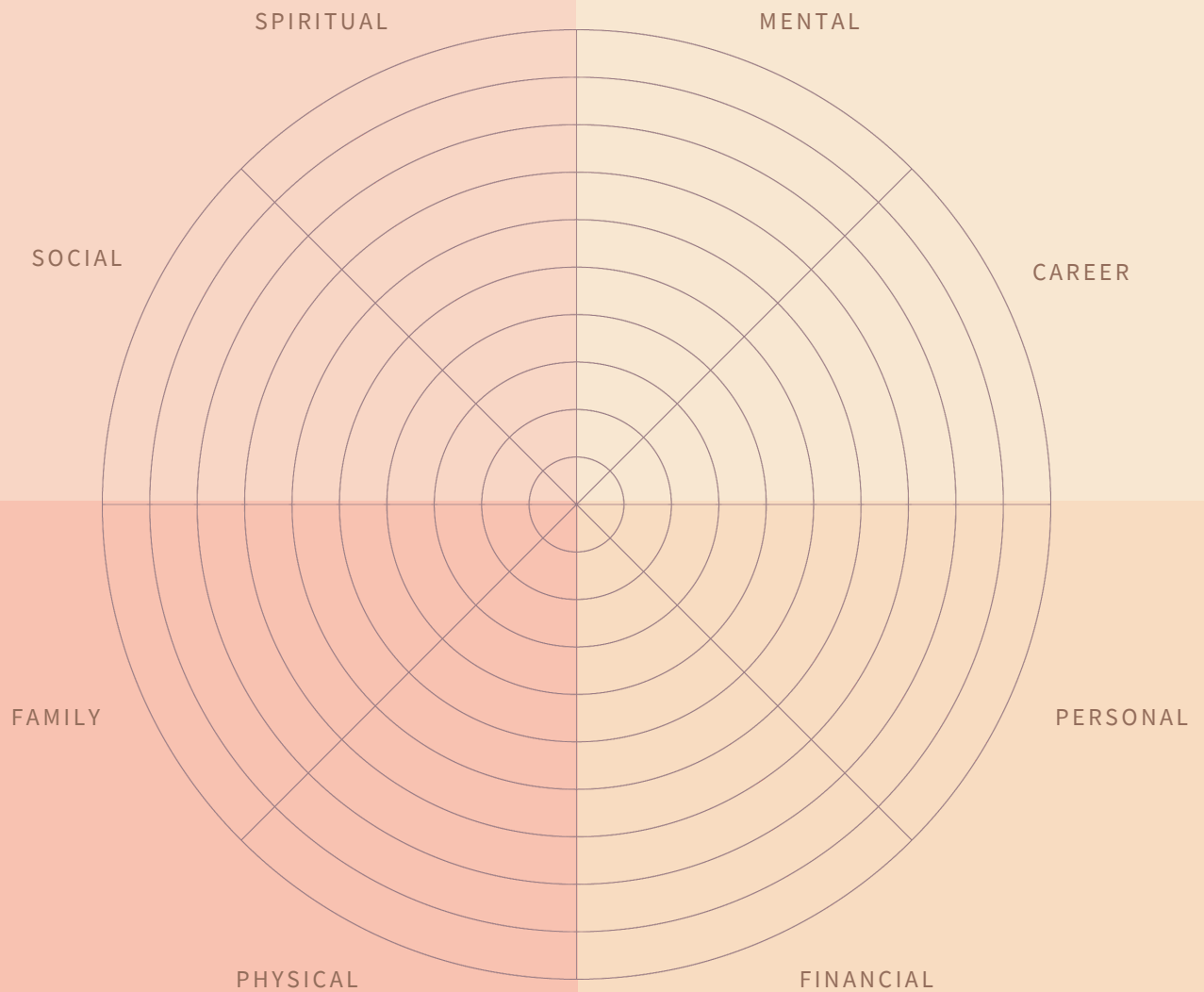
Make a list of 30 things that make you smile

29

What do you love doing? Do you schedule time to do this regularly?

30

Make a vision board



How are you feeling in each area? What can you do to make positive changes?

Life Balance Wheel

Thank You

I hope you've found this has helped kickstart your wellbeing. These are all small actionable things you can do to help make you feel a bit better.

This past year hasn't been easy for any of us but I hope this will help you end your year on a high!

Please let me know how you have found these tasks - I hope they bring you the clarity and help that they bring me.

All my love,

Katie May xo



A gift to you

If you're wanting to carry on your wellbeing journey and learn more about the pillars of wellbeing you can get 20% off the Learn to Live Well ebook using LOCKDOWNBIBLE

[Buy Now](#)

Join The Course!

The Roadmap to Wellbeing course will be opening it's doors again in
January 2021

If you want to delve deeper into your wellbeing and mindset blocks, this
is the course for you!

You can register interest now and get early bird access

[Join Now](#)

