

Weekly Targets



Here are our foundational guidelines, that we try to stick to every week. These are things we know we should do but every now and then, I fall off the bandwagon as life can get busy. The weekly targets below are the things that help us thrive. We feel better emotionally, spiritually, mentally and physically when completing those tasks and I hope you adopt a few of them to your daily rituals.

OVERALL

Drink 2.5- 3 litres of water per day
Try to eat every 3-4 hours. Avoid skipping meals.
Aim for 7 hours of sleep
Take your daily vitamins and minerals
Train 4 times per week
Reduce refined sugar
Choose a book or audio book to read or listen to over this month on personal development

WEEK 1

30 minutes of "me time" per day outside of training. Meditate, read, paint, catch a sunrise.
Say something kind to yourself while looking in the mirror. Become aware of how you speak to yourself and try to be kind in the language you use in self talk.
Add more variety of vegetables to your main meals and snacks.

WEEK 2

Declutter a space in your house!
Attack the nook or space in your home that has been causing you mental clutter. You will feel a zillion times better for this.
Reduce processed carbohydrates.
Minimize screen time. Make a goal to put your phone away at dinner and post dinner. until you set your alarm

WEEK 3

Book in for a massage or complete a yoga session.
Make a date with a friend.
Write down after each day, 3 things you are grateful for, outside of the ordinary

WEEK 4

Unfollow some accounts on IG that don't make you feel good.
Spread positivity, kindness and love.
Take time during your week to tell a friend how much you love your friendship or a colleague how much you appreciate them!
Positivity and kindness is contagious!

Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition