

ER SHRED™

Healing

MIND BODY & SOUL
WORKBOOK

challenge
workbook

ER SHRED MINDSET



Introduction

WHAT IS WELLNESS

We live in this physical world which means at least half the time we have to be open to understanding our physiology, the laws of nature, and how we evolved over the last 10,000 years or so.

As much as I believe in the power of the mind, we can't necessarily say that if you just BELIEVE something is not toxic, then that's all you need. I believe in the law of attraction, but there is a fine line that I hope we aren't overlooking. Don't let the LOA thing cloud your critical thinking and logic.

Ignorance is bliss until it's not. Until something bad happens. You get injured in a car accident because you decided not to believe the statistics about car accidents therefore you didn't see a need to wear your seat belt.

I BELIEVED the vegan diet was the best way to achieve optimal health, but it did the opposite.

We cannot heal
our minds
without healing
our bodies and
we cannot heal
our bodies
without healing
our minds.

Section 1

LET'S ASSESS

First let's see where you're at physically and mentally.

How will you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body & health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dig Deeper

SYMPTOMS > EMOTIONS > TRAUMA OR BELIEF

Pain in the body and specific symptoms you are experiencing could be directly related to past trauma, suppressed emotions, unresolved problems, or any resistance in the body.

1

What is your symptom?

.....
.....

2

What emotion is hiding underneath this symptom?

.....
.....

3

Then go deeper and find out when you first felt this emotion. What happened to you? What experience did you have in the past that triggered this emotion? What belief did you adopt in your childhood that is fueling this emotion?

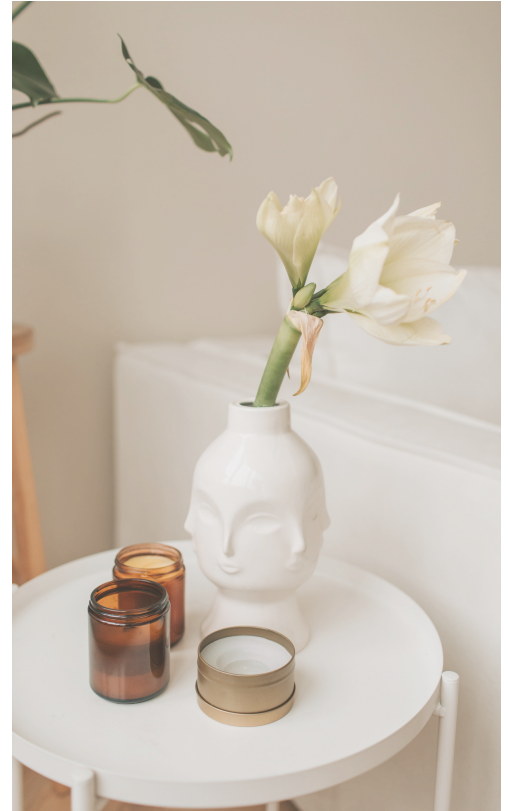
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Section 2

CHECKLIST

Physical Focus for the Month

Emotional Focus for the Month



On the next page I created a list of ideas for you to choose from.

Don't overwhelm yourself. Choose just 3-5 things to focus on for the month.

Work on perfecting a few things before adding more to your list.



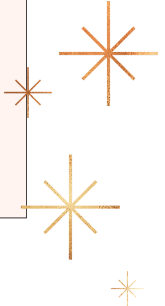
* LIST OF IDEAS



* PHYSICAL

- 7-8 hours sleep
- grounding
- sauna
- cold shower/ ice bath
- swap out toxic products
- start a garden
- stretch
- yoga
- intermittent fasting
- limit phone usage
- no sunglasses
- get sun on skin 20 min a day
- coffee enema
- cleanse days
- castor oil pack
- eat healthy
- dance or sing
- organize something
- exercise
- breath work
- sign up for a race
- work w/ a personal trainer

EMOTIONAL

- EFT Tapping
 - journaling
 - do something fun
 - spend time w/ friends or family
 - meditation
 - work w/ a therapist or coach
 - express yourself
 - set boundaries
 - spend time with animals
 - organize a space in your home
 - listen to music
 - gratitude journal
 - address past trauma
 - speak up
 - spend time in nature
 - watch the sunrise or sunset
 - practice sitting with your emotions rather than distracting yourself from them
- 

My Top 3

HEALTH HACKS

Here are my top 3 favorite health hacks. Things I do everyday that have given me the most benefits physically and mentally. I'm making no claims but if you do a little digging into the science and research you'll find quite a bit of data to back it up.



1

GROUNDING

- improve sleep
- reduce inflammation
- improve tissue and cell repair
- enhance blood flow
- increase heart rate variability
- improve electrical activity in the brain



2

SUNSHINE

- lower blood pressure
- regulate the immune system
- strengthen bones
- improve sleep quality
- boost mood
- reset circadian rhythm



3

COLD SHOWER OR ICE BATH

- bolster your immunity
- combat symptoms of depression
- reset nervous system
- increase metabolism
- reduce inflammation
- relieve localized pain

Wannabe Balanced Podcast Episodes to Listen to



Take Notes on the Next Page

- Ep. #158: Lose Yourself | Mindset Post Explant Surgery
- Ep. #151: Depression | Deep REST
- Ep. #139: Dopamine Reset
- Ep. #135: BELIEFS & How to Change Them
- Ep. #130: Triggers
- Ep. #129: Raising Your Emotional Frequency



What I hope to improve or focus on this month

Blank area for writing notes or reflections.

notes

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notes

A series of 18 horizontal dotted lines for writing notes.