



FIT FAB MUM

*let your light shine!*



PRECONCEPTION + TRIMESTER ONE

DAILY HAPPINESS RITUALS



# Daily Happiness Rituals

For a few years now I have been on a journey of self-growth and discovery. Seeking ways to lift my mindset and start my day in a positive vibration/energy to set the tone for the rest of my day, OR to lift me out of my funk and stories that tend to happen to our lovely monkey mindsets ;)

After learning and trialing many different rituals I have found these to be my top FAB5, which I commit to do everyday for my own body, mind and soul. I have had remarkable results with this daily consistent action and I notice the difference it makes to my day and week when I haven't allowed myself this time.

I understand life can get 'busy' and its not always possible to get them done first thing in the morning, however do them when you can through your day or when the kids are asleep. My suggestion is to get up earlier then the rest of the tribe (if possible) and allow this important time for YOU!

Only we can priorities ourselves and make a choice to allow balance and harmony in our day. Additionally this energy will also filter through to the rest of the family... **HEALTHY MUM = HAPPY FAMILY!** Additionally it's an amazing tool we can also teach those we love.

Now Grab a pen and **COMMIT** to working on your emotional fitness just as you **COMMIT** to do your best with your healthy eating and exercise in this beautiful time in your life.

**Be the best example of a happy, healthy lifestyle**

## My Top FAB5 Happiness Rituals :

1. Daily Gratitude's
2. Goals
3. Meditation/Mindfulness
4. Journaling/Gains
5. Reading or listening to something powerful for Self-growth and awareness

## 1. Daily Gratitude:

Gratitude is the powerful process for shifting /boosting energy, and bringing you more of what you desire in life. Once we express Gratitude for what we already have, we will then allow more good and positivity to come our way



Write 5 or more things your grateful for each day. It can be simple and small things to bigger things in your life.

Eg.

Today I am grateful for :

The birds chirping outside my window

My comfy bed to sleep in

The amazing new people entering my life

My beautiful healthy baby growing inside my belly

My mobile body to exercise

You may get on a roll and write more – Go for it! Even thinking these gritudes in your mind is beneficial anytime during the day. Especially so if you are feeling a little flat or stressed out this will bring you back to the present moment and back into a positive vibration.

## 2. Goals.

Goals are such a fabulous exercise to add to your day. This encourages you to visualize where you want to be and keeps you accountable to the do the **ACTIONS** and achieving them. The strongest suggestion is to dig deep and ask yourself **WHY** these are your goals. What will it mean when you achieve them? Emotionally connect! This will be your driving force to commit and stay on track. The Fundamental part of this exercise is to **WRITE** them down and be clear of what you want in your life rather than merely a wish and hope that they come true.

**WE have found the SMARTIES formula is the best way to write goals and in the present tense.**

Is the **GOAL**:



SPECIFIC  
MEASUREABLE  
ATTAINABLE  
REALISTIC  
TANGIBLE  
INSPIRATIONAL  
EMOTIONAL  
SUCCESSFUL

To balance the wants in our life I have included a Card to print out and fill for different areas of your life to focus on.

Examples of these types of **GOALS** all start with :

I am So happy/Grateful I am/have....

Eg. Moved my body minimum 3days each week with the FIT FAB MUM workouts

Eg. Taken time each day to check in with my FIT FAB MUM program and do what I can.

Eg. Found a holistic healer to see at least once a month to support my pregnancy journey.

\*If you need any guidance on what to write just let me know and I'm always happy to help

### 3. Meditation/Mindfulness.

Meditation is a wonderful practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself, in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.



Just 5 minutes a day has known benefits to our health and wellbeing.

It can be challenging sometimes to switch the mind off and focus on one thing – the meditation. We have included for you fabulous, centering and soul nourishing guided meditations for you to listen to each day.

If guided meditations aren't your thing or you just can't get into it yet, a suggestion could be practicing mindfulness in all you do, this can bring you back to the present. Stop, close your eyes and take 5 concentrated deep breaths in through the nose and out slowly either through the nose or mouth and imagine letting go. Even mundane activities like washing the dishes can be a chance to practice mindfulness by focusing on the task at hand, the sensations and actions, rather than thinking a million things and doing the washing up on autopilot.

### 4. Journaling/Gains



Is a great way to clear your mind, release any pent up emotion, gain clarity, increase creativity and is a great way to reflect and sometimes even find answers to things that you are stuck on or are bothering you. This is your journal so you can be open and raw. Starting just small entries is a start! And a good way to start can be even just writing the GAINS of your day. This helps you see how productive you were in the craziness whether you're a stay at home mum or a working woman! It's a great reflection back on your day and achievements small and big.

### 5. Self Growth/ Inspiring books or audios.

Knowledge and wisdom is a great way to step into your power. These Books will uplift, inspire, nurture your soul and allow you to grow and be your best self : )

Again you will be drawn to certain books that are for you, that resonate to you.

#### Some examples I have read and would recommend:

- Buddhism for mothers
- Daring Greatly
- The Secret
- The Power
- The four agreements
- The go Giver

#### Some great Authors in this field:

- Robin Sharman
- Anthony Robbins
- Eckhart Tolle
- Paulo Coelho
- Louise Hay



With love,

Jade x