

Sacred Sunday Template

While designing this REACH program the coaches realized that our most successful weeks have always had one underlying factor: Sunday prep.

Taking the time to create scaffolding for the upcoming week is something we take very seriously (it's even more important when working towards a specific goal.) When we haven't done this, we tend to feel more unorganized, less confident, short on time and unprepared for the inevitable unexpected; which is the exact opposite of how we like to feel. Investing consistent time at the end of the weekend is worth the effort as it allows space to honor all that last week has brought us and prepare for what lies ahead.

This is your Sacred Sunday template. We will send you our own ideas weekly, but feel free to add and take away so that it fits your lifestyle. There is no one perfect way to do this- the key is to START and then evolve in a way that feels organic to you.

Personal Calendar Review

Looking at what is required of you this week is the first step in putting your plan together. You might have two late nights that require a change of clothes in the car and two packed dinners. It might be school projects and a few free days that you can create to help meet your goals. It might be that you realize you need some help and can delegate some things to your support people. Whatever this week is shaping up to look like, take inventory of your time and needs and then build a plan that meets your goals. One thing we all have in common on our calendars is workshop every other Monday from 5:30-6:30! Knowing that your day will end late here at the wellness center, what can you do to ensure exercise and a healthy meal? On the weeks without workshop, what will you do during this reserved hour to focus on your health goals?

Exercise Appointments

You just looked over your calendar so you know pretty much how your week will go. It's time to honor your body by putting your exercise appointments in. At-home work outs, walks, gym, classes, etc... this is where the "no excuses" comes in. If you know you have an early morning meeting Tuesday, then create space for an evening work out that day.

Meal Prep

Now it's time to meal plan! Each week will likely have some consistencies and some surprises, but you should be able to plan meals for most of the week since your calendar is now set. Utilize the recipes in your workbook as a go-to source of ideas that are already portioned and balanced for your needs. Megan will also be posting more sample meal plans as the program continues. If you feel ready to branch away from the given recipes and meal ideas, build your own meals using the meal formula on the Recommended Food List page in your workbook. Also take the time to get your ingredients as prepared as necessary to fit your scheduling needs. If you tend to get home late and have little time for chopping, try setting time aside on Sundays (or non-class Mondays!) for some veggie prep...or buy them pre-chopped! Look ahead to know what you need to successfully stick to your food goals.

Recharge Mental Health & Self Care

What do you love that is life-giving to you? Gardening, talking to a friend? A special hobby, massage, reading, a pedicure, a hike? Take some time and ask yourself your top three things that give you pleasure and include at least one into your weekly schedule.

Weekly Intention

Life happens and it happens fast! Monday comes and... family to help, projects to work on, people to connect with, etc. This strategy has helped us get focused and stay productive each and every week. It may sound a little strange or unfamiliar at first but it's simple & can be highly beneficial as you work towards a healthier you.

- Close your eyes.
- Take three deep breaths.
- As you become present ask yourself one or all of these questions: "What is my desire for this week? What do I most want to happen in this coming week? How do I want to feel as I go about my days? What do I most want to accomplish in support of my personal and professional goals?"
- As the answers develop write down what comes to mind, choose a word, a phrase or a sentence that describes your highest intention.

Such as: clear the clutter, let go of the weight, radical productivity, I will walk in gratitude, I choose authentic connections, I deserve to be at a happy healthy weight, I choose to forgive, I am working towards a strong and healthy body.