

Daily H Y M M N S S

Planning and logging your
*H*ydration, *M*editation, *M*ovement, *M*indset, *N*utrition, *S*leep and *S*kinicare
rituals and practices for total self-care.



Developing 'Stick-to-it-iveness' so you can be
Fit, Strong *H*ealthy in all areas of your life.

Welcome to your Daily HyMMNNSS Wellbeing Workbook. A planner and log which I designed to support you in your path to consistent self-care, self-compassion and self-integrity. When used consistently you will develop deep resilience and courage to face all aspects of life.

Sometimes you may feel fatigued and lethargic, overwhelmed or physically stiff and pained. It could be that you haven't hydrated or moved enough, haven't taken the time to really plan and organize your day or even that of your family. Some days, you wish you could press pause to do a catch up, am I right? Well I have developed this tool as a support system for you to install daily habits so you can become aware of your lifestyle and overall wellbeing. By planning and thinking about what we are doing, eating, drinking and feeling during the day with this assessment tool, planner templates and log sheets for yourself and your family you will be set up for centred, consistent, healthy and productive days..

It may take a little time to get into it if you are just starting your wellbeing rituals and practices, but trust me, it really can make a huge difference. Remember, Rome wasn't built in a day as the saying goes. Habits are best formed by making small consistent changes. Progressively your actions become more congruent with your life's desires, consistently achieving your wellbeing goals, because you have a tool to hold you responsible to YOU. Soon other aspects of your life will fall in line too,

There is no knight in shining armour coming to save you and do it for you. So you have to commit to you. Support is at hand, sure, you can reach out to me to keep you on track, but we all know the saying, '*every journey begins with the first step*'. This one has to be taken by YOU!

Now we all know that everyone's concept of moderation will be different in relation to quantity or duration of almost everything in life, so it's great to find our middle ground when it comes to our health and wellbeing. Although there are specific things that we really must give up if they are not good for our specific conditions or body type, once we understand how we feel when we move, do, eat and drink certain things, at specific times, then we start to see the patterns. With those insights it gets easy to pace ourself and stay consistent.

It is about finding our optimum point where everything works fluidly, effectively, when we feel energized, focused, totally well in ourselves, in our hearts, minds, bodies and souls because we take the time to be aware of ourselves. About how things affect us on every level. This is not just about looking good, this work resonates from our core first from how we nourish ourselves on every level, of our being.

The Daily HyMMMNSS covers the core areas of life broken down into trackable items and actions that are easy to understand and live by. No need for fancy gadgets, counters, special foods and anything that adds confusion to your life. Simple things that you already do, but maybe you are not consistent or you struggle with distractions.

The Daily HyMMMNSS stands for Hydration (Hy), Meditation / Prayer / Mindfulness practice(s) (M), Movement (M), Mindset (M), Nutrition(N), Skincare/Body-care (S), and Sleep (S).

Who can use Daily HyMMMNSS? Anyone can implement these actions and use these tips, they really are totally simple and accessible to everyone.

What can you expect from using the Daily HyMMMNSS?

- ✓ Improve your Physical Health; get to and maintain an ideal weight, get fitter, stronger and build your endurance.
- ✓ Improving your sense of well-being and vitality, consistency, quality and quantity of sleep, nutrition and exercise.
- ✓ Improve your **mental fortitude**, develop **clarity** on who you are, what you want to do and the next steps you need to take.
- ✓ Develop **self-trust** to **bounce back** from distress or devastation.
- ✓ Improved emotional intelligence and **control**, developing the ability to **stay calm** and **manage stress**.
- ✓ Having become more **decisive** you will live with **energy**, and **flow**

List of daily practices and activities you will be logging, assessing, planning for and then tracking:

- *Hydration:* You will be hydrated and therefore able to think and focus, release physical soreness and tight areas and feel far more refreshed and inspired to face your entire day.

Most people overeat because they are thirsty and not hungry. In our dA's, we aim to drink 2.5 to 3 litres (approx. 5 to 6 pints) of water a day and that is water only. Please log everything else that you drink, that would include everything else like alcohol, coffee and tea etc. Will all this information you can assess your energy the next day and learn how you are affected by what you drink.

Meditation and/or Prayer: Different people believe in different things, but connecting with your higher self and spiritual Guide is important to keeping hopeful and purposed. I include the practice of making time to read from a spiritual or inspirational text then meditating and praying, in silence is when we get the answers we seek.

There is space in your Daily HyMMNNSS to log this practice. Include the time of day and the duration. It is usually advised to put aside at least 20 minutes twice a day for this practice.

- *Movement:* The first thing we do when we are born is squirm around yes that's right, **move**, so we can catch our breath. Even before we are born, we are in our Mum's tummies, kicking the heavens out of her. So why do we feel that once we are grown up, we should sit for hours and then pretend like exercising 3 times a week is a huge accomplishment? It is vital that we move our bodies every single day. It does not have to be for hours, but 3 times a week for at least 45 minutes and then on the other days 20 to 30 minutes is the absolute minimum.
It can be any movement, but it must raise your heartrate. You will need to carve out your 'ME-Time' to honour this commitment, which this tool helps you do. Then log the type of movement and duration you were able to fit in. ***Remember... just move, 10 minutes is better than no minutes! Soon you will be doing a 20 or 30 minute work out***'.

- *Mindset:* The early morning is a great time to make a note of all the creative ideas and answers that came to you overnight and in your early morning reading and prayer/meditation. So morning journaling works well for many people. I have been doing Morning Pages I learnt in an Artists Way course about 17 years ago. Before that, I journaled for years. Mornings are a great time to review your plans, actions and goals and intentions for the day. Speaking them to yourself as daily devotions, affirmations and proclamations so you feel inspired and productive each day. You decide what works best for you but some of the most successful people keep a journal and find the end of the day can be a good time to read and do a gratitude journal. It is also important to be informed and constantly learning and growing. You can use the log to make a note of your daily reading, and of what books you are reading this year or have read.
- *Nutrition:* If this is an area that you know is a challenge for you, then it's always wise to plan what you will eat each day if possible, and then prepare as necessary. For a start, you can use the Nutrition log to note down what you are eating throughout the day, this can then be used to assess the quality of your diet and the level of your energy. When you review how you feel when you have eaten certain things and at certain times, you can begin to see what fuel you need to be at your optimum energy levels and size for your purpose and desires. Then the Nutrition sheet can be used as a planner.
- *Skincare:* Do you have a non-negotiable ritual around our skin and dental care? Starting from the ground up? Well I always suggest the use of the following. (you may have similar practices or tools already but these are inexpensive and work): Dry Body Brushing, Pumice Stone, Natural Loofah Body Exfoliator, Moisturiser Nail Brush, Daily gentle facial cleansing and care. All of these are important to care for our largest organ the skin, giving you the opportunity to scan your skin for any irregularities and keep your entire body invigorated and flexible. Part of my Skincare includes oral care & hygiene. This would include brushing and flossing twice daily and visiting the dentist and dental hygienist every 6 months.
- *Sleep:* Well we all know that sleep is of vital importance to all our systems. While we are all different and will find that differing quantities suit different people, using the *Daily HyMMMNSS* log to record bedtime and rising and general sleep quality, will indicate what works best for you.

Please take the time during the day, especially in the morning and evening to log your habits and practices. (2 days to a page)

Day	What happened	How I feel about the day	Day	What happened	How I feel about the day
Hydration: 2 to 3 litres of Water			Hydration: 2 to 3 litres of Water		
Movement: Stretching, Strengthening Cardio			Movement: Stretching, Strengthening Cardio		
Meditation &/or Prayer: Even as little as 5 to 30 minutes			Meditation &/or Prayer: Even as little as 5 to 30 minutes		
Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
Nutrition: Log it all people!			Nutrition: Log it all people!		
Skincare: Scan, Brush, Clean, Moisturize			Skincare: Scan, Brush, Clean, Moisturize		
Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

Print many copies of this page, then commit to doing this for 3 to 6 weeks until you have developed the habits and the activities are normalized for you.

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Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
Nutrition: Log it all people!			Nutrition: Log it all people!		
Skincare: Scan, Brush, Clean, Moisturize			Skincare: Scan, Brush, Clean, Moisturize		
Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

Print more if required

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Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
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Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

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Movement: Stretching, Strengthening Cardio			Movement: Stretching, Strengthening Cardio		
Meditation &/or Prayer: Even as little as 5 to 30 minutes			Meditation &/or Prayer: Even as little as 5 to 30 minutes		
Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
Nutrition: Log it all people!			Nutrition: Log it all people!		
Skincare: Scan, Brush, Clean, Moisturize			Skincare: Scan, Brush, Clean, Moisturize		
Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

Please take the time during the day, especially in the morning and evening to log your habits and practices. (2 days to a page)

Day	What happened	How I feel about the day	Day	What happened	How I feel about the day
Hydration: 2 to 3 litres of Water			Hydration: 2 to 3 litres of Water		
Movement: Stretching, Strengthening Cardio			Movement: Stretching, Strengthening Cardio		
Meditation &/or Prayer: Even as little as 5 to 30 minutes			Meditation &/or Prayer: Even as little as 5 to 30 minutes		
Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
Nutrition: Log it all people!			Nutrition: Log it all people!		
Skincare: Scan, Brush, Clean, Moisturize			Skincare: Scan, Brush, Clean, Moisturize		
Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

Please take the time during the day, especially in the morning and evening to log your habits and practices. (2 days to a page)

Day	What happened	How I feel about the day	Day	What happened	How I feel about the day
Hydration: 2 to 3 litres of Water			Hydration: 2 to 3 litres of Water		
Movement: Stretching, Strengthening Cardio			Movement: Stretching, Strengthening Cardio		
Meditation &/or Prayer: Even as little as 5 to 30 minutes			Meditation &/or Prayer: Even as little as 5 to 30 minutes		
Mindset: Journal, Reading, Planning			Mindset: Journal, Reading, Planning		
Nutrition: Log it all people!			Nutrition: Log it all people!		
Skincare: Scan, Brush, Clean, Moisturize			Skincare: Scan, Brush, Clean, Moisturize		
Sleep: Bedtime, Awoke. Sleep quality			Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.			Today's Positive Reflections.		

Once you have been able to track in detail you can use this sheet to keep you on track logging in less detail and using your journal to reflect on how this self-awareness is supporting your optimum living. (7 days to a page)

Day/Date:							
Hydration: log it all 3 litres of Water Teas, Coffees, Juices & Alcohol							
Movement: Stretching, Strengthening Cardio							
Meditation &/or Prayer: Even as little as 10 to 30 minutes							
Mindset: Morning pages, Journal, Reading, Notes, Gratitude							
Nutrition: Log times of meals and what you eat. See food log page.							
Skincare: Scan, Brush, Clean, Moisturize							
Sleep: Bedtime, Awoke. Sleep quality							
Today's Positive Reflections.							

Print all pages and more as needed, then commit to doing this for 4 to 8 weeks. you will be amazed how your mindset, health and commitment improves.

Health & Fitness: This sheet is slightly different and gives us an opportunity to focus on the physical so take the time to plan, log and write about your Hydration, Movement & Nutrition. Becoming aware of your Health & Fitness. 1 day /page

Day	My health & Fitness Plan	What I intend to achieve
Hydration: log it all 3 litres of Water, Teas, Coffees, Juices & Alcohol		
Movement: What Stretching, Strengthening Cardio		
Mindset: What Shape, Weight and Size am I?		
Nutrition: Log times of meals and what you eat.		
Sleep: Bedtime, Awoke. Sleep quality		
Today's Positive Reflections.		

Print many copies of this page, then commit to doing this for 3 to 6 weeks until you have developed the habits and the activities are normalized for you.

Once you have been able to track in detail you can use this sheet to keep you on track in less detail. You can use your journal to reflect on how this self-awareness is supporting your optimum living.

Day							
Hydration: 2 to 3 litres of Water							
Movement: Stretching, Strengthening Cardio							
Meditation &/or Prayer: Even as little as 5 to 30 minutes							
Mindset: Journal, Reading, Planning							
Nutrition: Log it all people!							
Skincare: Scan, Brush, Clean, Moisturize							
Sleep: Bedtime, Awoke. Sleep quality							
Today's Positive Reflections.							

Print all pages and more as needed, then commit to ongoing self-awareness and self-care.

Take the time during the day, especially in the morning and evening to log your habits and practices in these areas.

Day							
Hydration: 2 to 3 litres of Water							
Movement: Stretching, Strengthening Cardio							
Meditation &/or Prayer: Even as little as 5 to 30 minutes							
Mindset: Journal, Reading, Planning							
Nutrition: Log it all people!							
Skincare: Scan, Brush, Clean, Moisturize							
Sleep: Bedtime, Awoke. Sleep quality							
Today's Positive Reflections.							

Print all pages and more as needed, then commit to doing this for 4 to 8 weeks. you will be amazed how your mindset, health and commitment improves.

Weekly Planner. You can use this sheet to plan ahead as well.

Day							
Hydration: 2 to 3 litres of Water							
Movement: Stretching, Strengthening Cardio							
Meditation &/or Prayer: Even as little as 5 to 30 minutes							
Mindset: Journal, Reading, Planning							
Nutrition: Log it all people!							
Skincare: Scan, Brush, Clean, Moisturize							
Sleep: Bedtime, Awoke. Sleep quality							
Today's Positive Reflections.							

Sometimes you may need to **plan ahead for a weekend or special occasion** or plan separately for a partner or family member, you can use this sheet if you want to work together and support each other

Day		Day	
Hydration: 2 to 3 litres of Water		Hydration: 2 to 3 litres of Water	
Movement: Stretching, Strengthening Cardio		Movement: Stretching, Strengthening Cardio	
Meditation &/or Prayer: Even as little as 5 to 30 minutes		Meditation &/or Prayer: Even as little as 5 to 30 minutes	
Mindset: Journal, Reading, Planning		Mindset: Journal, Reading, Planning	
Nutrition: Log it all people!		Nutrition: Log it all people!	
Skincare: Scan, Brush, Clean, Moisturize		Skincare: Scan, Brush, Clean, Moisturize	
Sleep: Bedtime, Awoke. Sleep quality		Sleep: Bedtime, Awoke. Sleep quality	
Today's Positive Reflections.		Today's Positive Reflections.	



Here's to your health!

"Moderation and quality in all that we do"

(my personal motto)

Seems like we can have it all... just in moderation.

I am Carla Armour. As a Mindset & Movement Coach, I support women through release & renewal to awaken their inner *Divine Empress*.

As a Life Coach, Pilates & Personal Trainer and Artist with over 30 years in the Health & Fitness industry. I combine these passions, with my expertise and life experience as an Entrepreneur working in the Tourism, Events & Hospitality services sector.

I create inspiring coaching sessions and programs that combine deep mind-body Pilates and creative resilience coaching strategies.

*Let's arrange a conversation to explore how we can get you to re-awaken your courageous *Divine Empress*.*

It would be great if you can check me out on Social Media too:

