

well to the core

ROBIN LONG

Certified Pilates Instructor & Founder of Lindywell

COMPANION JOURNAL

A Realistic,
Guilt-Free Approach
to Getting Fit
& Feeling Good
for a Lifetime

2. Begin to notice your internal dialogue throughout the day. What are some negative thoughts you may have? Below, write each negative thought in the first column, and in the second column write affirmations of self-compassion to replace these negative thoughts. For example, *I'm doing the best I can* might replace the thought *I never get enough done*.

Negative thoughts

Affirmations of self-compassion

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3. Notice the progress you're making on your wellness journey, no matter how small. How will you celebrate your small successes? Write your plan below.

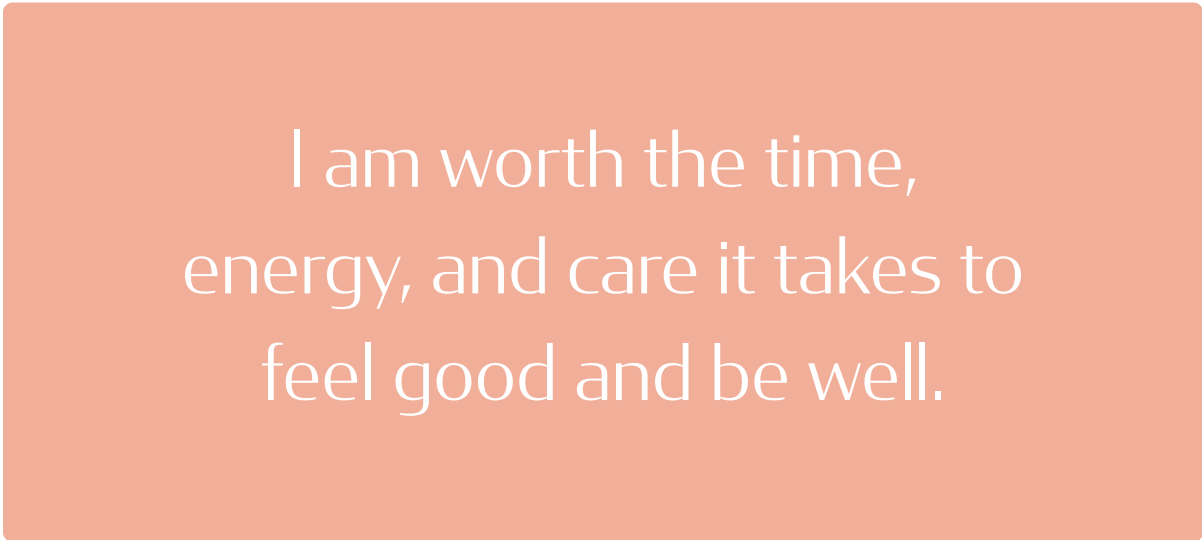
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4. Make a list using the columns below. In the left column, list the ways you've defined success on your health and wellness journey thus far. In the right column, list deeper ways you can define success.

Previous ways of defining success

Deeper ways of defining success

5. Write the following quote on a card or pretty piece of paper and place it somewhere you can see it often.





nourish

1. Think about the next full day, the activities you have planned, and the food you have available in your fridge. Jot down below what you think you may eat based on these factors. Next to each item write the answer to the question, *Will this provide my body the nourishment it needs?*

Breakfast

Snack

Lunch

Snack

Dinner

2. Consider your list of foods. Do your meals and snacks each represent a good balance of protein, fat, and fiber? If not, choose at least one meal to add more balance to.

4. Plan at least one nourishing, nutrient-rich meal for the week ahead.
(See the recipes on pages 70–74 of *Well to the Core* for some quick, easy ideas.)

Meal Description

Grocery List

Notes

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unplug

1. Log your screen time for a day using the chart below. Next to each item, list one way you might have filled that time otherwise.

Time of Day	Screen Time Activity	Number of Minutes	Alternate Activity



connect

1. Make a list of friends you'd like to check in with and follow up with a call or text soon.

2. Is there someone you've considered meeting for a walk or coffee, or a new friend you've wanted to get to know better? Jot their names below and then text them as soon as possible to make plans.

2. Carve out thirty to sixty minutes in your week to truly rest your body and mind by taking a nap, reading a feel-good book, or relaxing with a cup of tea and a beautiful view. Write your plan for rest below (what will you read, where will you go, etc.).

3. What keeps you from resting? Write your thoughts below. Then, next to each reason, write an affirmation such as “I am worthy of rest” or “I can be a better mother/wife/friend when I am well rested.”

Reasons I don't rest

Reasons I can rest

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breathe

1. What are some times in the day when you might struggle with good posture? Write your thoughts below. Then set reminders on your phone for yourself to focus on good posture at those times. Let the reminders nudge you to realign yourself and take a few deep breaths.

2. Make a plan to incorporate Pilates into your weekly routine. Below, write the time of day you will exercise and the Pilates plan you will use. Consider the sample Pilates routines on pages 49 and 89 of *Well to the Core* or press play on a workout or breathwork in the Lindywell app!



play

1. What are some ways you might add more play to your life?

Circle some of the ideas below or add your own. Then follow through on two to three of them.

- Try stand-up paddleboarding.
- Take salsa lessons.
- Skip rocks.
- Plan a camping trip.
- Volunteer to play with animals at a local shelter.
- Create an obstacle course in your backyard.
- Put together a puzzle.
- Turn on some music and dance.
- Schedule a monthly game night with family or friends.
- Listen to a funny podcast.
- Watch a stand-up comedy series.
- Schedule a date with your funniest friend.
- Play a good-natured prank on someone.

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2. What are some common negative thoughts you have about your body or other aspects of yourself? List them below, then list a corresponding positive statement or something you're grateful for.

Negative thoughts about myself

Positive thoughts about myself

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3. Who do you want to change the conversation and choose a new way of living for? (e.g. my kids, my nieces, my students, etc.)

4. Write the following quote on a card or pretty piece of paper and place it somewhere you can see it often.

Be kind to yourself,
and choose grace over guilt.

WELL TO THE CORE

You did it!

Congratulations on completing this journal and caring for yourself. I'm so proud of you. Keep the momentum going with your Lindywell membership. We're here to support you on every step of your journey.

*xo,
Robin*

JOIN ME AT LINDYWELL.COM