

3 DAYS TO
UP YOUR
MINDFULNESS



#Uplift Your Vibe
Love Your Lifestyle

Say
Hi

HELLO FROM SHERINA

Hello!

I am excited to provide you with 3 Days to UP Your Mindfulness! Over the next 3 days, you will 'UP' your vibe and tap into your potential of becoming more positive, fit, healthy and happy - creating an even awesomer lifestyle for yourself!

The following pages are designed to be motivating, inspiring and of course uplifting. You will be provided with insightful information, guiding questions, self-discovery activities and journal reflections.

You are totally going to UP Your Mindfulness and #UpliftYourVibe. I offer coaching and accountability sessions, connect with me further for a total lifestyle transformation.

Lastly, if you want some fitness tips, daily inspiration and healthy living ideas; follow me on Instagram @upliftyourvibe



Sherina Chandra

BCRPA Certified Personal Trainer

3 Days
to
UP

PROGRAM

1
Mind

2
Body

3
Vibe



Day 1

MIND

On average, humans only use up to 10% of their entire brain. This means we are holding ourselves back - BIG time! Can you imagine all the amazing things that you can accomplish if you used more of your control centre? How will you do this?

Q What is one limiting belief that you hold in your mind? How can you reverse your way of thinking about it? In other words, how can you re-phrase something to sound positive?



Think of a positivity statement that is not only motivating but allows you to believe that anything is possible and 100% achievable. After, write it out 10 times. Lastly, write it out several more times on sticky notes and post them in places that you look at throughout the day.



Write how you feel knowing that you have a bounty of potential to accomplish your goals. List three lifestyle goals and write down why they hold importance to you and how you plan to achieve them. Are there any obstacles that stand in the way? How do you plan to overcome them?

Day
1

MIND

My Positivity Statement

Write your positivity statement 10 more times

1

2

3

4

5

6

7

8

9

10

Day
1

MIND

Notes

Day 2

BODY

Movement and a health conscious diet are the two most important things that you can provide for your body. Did you know that you only require 22 minutes of exercise a day to keep healthy and fit? This can be something as simple as a nature walk. As well, you don't need to go on any sort of diet, you just need to be more aware of what you are putting into your mouth. In other words avoid consuming a lot of sugar, saturated fats, sodium and gluten.



What three things are you appreciative of your body for? What movement activity will you perform for 22 minutes each day? What is one food that you will consume less of and two foods you will consume more of?



Make a schedule for each day and build in 22 minutes for exercise/movement. Also, set aside one day each week to meal prep for the week. Make a list of groceries to buy and meals to prep.



Write down how you feel about your body, and your fitness and diet goals. Describe how you want to feel in one month.

Day 2

BODY

Fitness and Diet

Workout Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Grocery List

My meal prep day is:

BREAKFAST

PROTEIN

CARBS

FATS

LUNCH

PROTEIN

CARBS

FATS

DINNER

PROTEIN

CARBS

FATS

SNACKS

SNACK 1

SNACK 2

SNACK 3

Day
2

BODY

Notes

Day 3

VIBE

'Change your vibe and you will attract the right tribe!' It all has to do with your attitude. You may be kind to everyone around you, but are you kind towards yourself? Are you grateful for all that you have? If you want to be treated a certain way, then begin to shower yourself with positive vibes. Also, let-go of people and situations that lower your vibe.



How do you currently feel about yourself? How much time do you spend with yourself? What is one thing that you will start to do more of for yourself? What will you do to achieve this weekly?



What makes you happy? Spend one hour (or more) a week doing the very thing that drives your passion.



Write down how you feel, look, talk and act when you are happy and vibing positive. *Remember, do more of this.

Day

3

VIBE

Do What You Love



MY PASSION

Day
3

VIBE

Notes

3 Days
to
UP

YOU DID IT

'Rule your mind or it
will rule you.'

Buddha



UP YOUR MINDFULNESS

