



A Holistic Countdown
to a Healthier, Happier You

By Sherry Lynn Simoes

About the Author

I'm Sherry Lynn — the heart behind Improve Your Health Today. I'm not a medical doctor or a certified health professional. I'm a woman who faced a life-changing diagnosis, refused to accept a hopeless prognosis, and discovered the power of holistic wellness through real-life experience.

In 2013, I was diagnosed with Lipedema and told that the progression of the disease would likely lead me to a wheelchair. That moment changed everything. Instead of giving up, I chose to learn. I explored natural health, movement, nutrition, mindset, and the deep connection between mind, body, and spirit. I experimented, researched, listened to my body, and slowly built a lifestyle that supported healing, strength, and resilience.

More than a decade later, I'm still standing — active, engaged and able to do more than some women half my age, and deeply grateful. My journey taught me that small, consistent choices can create powerful change. And that's why I'm here.



My Philosophy

I believe in:

Small steps over drastic changes

Compassion over perfection

Listening to your body

Honoring your spirit

Finding joy in the process

Holistic health isn't about doing everything. It's about doing what matters, consistently and with intention.

Let's improve your health today, one mindful moment at a time.

Sherry Lynn

This ebook is for educational and informational purposes only and is not intended as medical advice.

Always consult with a qualified healthcare provider before making changes to your health routine.

Table of Contents

A Holistic Countdown to a Healthier, Happier You

10	Limit Toxins & Environmental Stressors.....	5
9	Support Your Gut Health.....	7
8	Build Strong Social Connections	9
7	Stay Hydrated.....	11
6	Improve Your Sleep Hygiene.....	13
5	Reduce Stress Through Intentional Practices.....	15
4	Prioritize Daily Movement.....	17
3	Nourish Your Body with Whole Foods.....	19
2	Support Your Mental Health with Mindfulness.....	21
1	Cultivate a Positive, Growth-Oriented Mindset.....	23

Introduction

Improving your health isn't easily achieved through fast, dramatic overhauls — it's shaped by small, consistent choices and little changes you make every day.

This countdown-style guide walks you through ten powerful but easy ways to elevate your physical, mental, and emotional well-being.

Each chapter offers simple, actionable steps you can begin today.

Whether you're just starting your wellness journey or deepening your existing practices, these tools will help you build a life rooted in vitality, clarity, and balance.

Even though I have been working on improving my health for years, I have been making more small changes over the last year and am feeling better than I have in a very long time! I am ready to share my knowledge with you!

Are you ready to join me? Let's begin the countdown!

Sherry Lynn



10

Limit Toxins & Environmental Stressors

Why It Matters:

Your environment plays a major role in your overall health. Reducing unnecessary chemical exposure supports your hormones, liver, skin, and long-term vitality.

4 Simple Ways to Start Making a Change:

- Swap cleaning products for a natural version
- Choose fragrance-free or natural personal care items (you can even make your own)
- Open windows daily for fresh air
- Add houseplants for air purification

Reflection:

What products in your home might be contributing to unnecessary toxin exposure?

3 Reasons to Switch to Natural Skin & Bodycare

Natural skin and body care reduces your exposure to harsh chemicals and unnecessary toxins.

Plant-based ingredients deliver real nourishment with vitamins, antioxidants, and skin-supportive nutrients.

Choosing natural products supports eco-friendly practices that are better for both you and the planet.

10

Limit Toxins & Environmental Stressors



Action Steps:

1. One product I can swap this week: _____
2. One houseplant I can welcome into my home: _____
3. One area I want to improve long-term: _____

Taking Things Further

List of things I can slowly swap. (I suggest swapping as you run out)
If you decide to join my **Improve Your Health Journey** I will be helping with product choices, recipes to make your own products and a ton of hints and tips.

- ☐ Toothpaste
- ☐ Makeup
- ☐ Shampoo
- ☐ Conditioner
- ☐ Hair Products
- ☐ Toilet Cleaner
- ☐ All Purpose Cleaner
- ☐ Glass Cleaner
- ☐ Laundry Soap

Easy-Care, Air-Purifying Houseplants

1. Snake Plant (Sansevieria)
2. Pothos (Epipremnum aureum) Very adaptable
3. Spider Plant (Chlorophytum comosum)
4. Peace Lily (Spathiphyllum)
5. ZZ Plant (Zamioculcas zamiifolia)
6. Rubber Plant (Ficus elastica)
7. Boston Fern (Nephrolepis exaltata)
8. Aloe Vera
9. Chinese Evergreen (Aglaonema)
10. Areca Palm

Quick Tips for Cleaner Indoor Air

Grouping plants increases humidity and purification efficiency
Wipe leaves occasionally so they can “breathe”
Rotate plants for even growth
Avoid overwatering—most easy-care plants prefer to dry out a bit



9

Support Your Gut Health

Why It Matters:

Your gut influences digestion, immunity, inflammation, and even mood. Your gut isn't just a digestion center — it's an entire communication hub that talks to your immune system, your hormones, and even your brain. When the gut microbiome is balanced and diverse, everything from energy to emotional resilience tends to improve.

4 Simple Ways to Start Making a Change:

- Add fiber-rich foods** - increase fibre gradually! Increasing fibre too quickly can overwhelm your digestive system. Fibre changes how food moves through your gut, how your microbiome behaves, and even how much water your intestines need. A slow, steady increase gives your body time to adapt. (See list on worksheet.)
- Introduce fermented foods into your diet.** I love fermented foods! In my Improve Your Health Club I will be giving you recipes to make your own fermented foods! (See list on worksheet.)
- Slow Down When You Eat** - Mindful eating supports digestion by activating the parasympathetic nervous system. Chewing thoroughly and eating without rushing helps your body break down food more efficiently
- Consider Supplements** - I love my fibre gummies, they are easy to take and I find I do not forget to take them!

Reflection

How does your digestion feel on a daily basis right now? _____

9

Support Your Gut Health



Action Steps

When incorporating anything new do your research and start slowly.

One fiber-rich food to add: _____

One fermented food to try: _____

One Supplement to try: _____

On a scale of 1-10 Rate your Gut Comfort today and 4 weeks after you make a change!

Gut Comfort Score Today: ____ Gut Comfort Score in 4 Weeks: ____

High-Fibre Foods

- Lentils
- Chickpeas
- Black beans
- Oats
- Chia seeds
- Flaxseeds
- Raspberries
- Pears
- Broccoli
- Sweet potatoes (with skin)

Fermented Foods

- Sauerkraut
- Kimchi
- Kefir (dairy or coconut)
- Yogurt with live cultures
- Kombucha
- Miso
- Tempeh
- Pickles (not vinegar-based)
- Sourdough bread

Supplements That Support Gut Health

- Probiotics — Add beneficial bacteria for balance.
- Prebiotics — Feed healthy gut microbes.
- Fiber (like psyllium) — Supports regularity and microbiome diversity.
- Peppermint oil (enteric-coated) — Helps ease IBS-type discomfort.
- Ginger — Calms digestion and supports inflammation balance.
- Digestive enzymes — Help break down food.
- Magnesium — Supports regularity.
- L-Glutamine — Nourishes the gut lining.
- Postbiotics — Provide beneficial microbial byproducts.



Build Strong Social Connections

Why It Matters:

Connection is nourishment. Healthy relationships reduce stress, boost longevity, and support emotional well-being. When we feel seen, supported, and understood, our nervous system relaxes. Oxytocin rises, cortisol softens, and the body shifts into a state where healing, digestion, and creativity can flourish.

4 Simple Ways to Start Making a Change:

·**Schedule check-ins with loved ones** - Spending time with loved ones genuinely strengthens your health because it soothes the nervous system and creates a sense of safety.

Supportive relationships help lower stress hormones, steady the heart and immune system, and boost feel-good chemicals like oxytocin and serotonin.

·**Join a class or community** - Joining a class or community can improve your health by giving you a sense of belonging, structure, and positive social interaction. Being part of a group reduces stress, lifts mood, and encourages healthy routines — whether that's movement, creativity, or learning.

·**Practice active listening** - Active listening can improve your health by calming your nervous system and deepening your sense of connection. It also strengthens relationships, which enhances resilience and reduces loneliness, making active listening a simple but powerful way to nourish both mental and physical well-being.

·**Set boundaries that protect your energy** - Setting boundaries improves your health by reducing stress, protecting your energy, and creating emotional safety. When you clearly define what you can and cannot take on, your nervous system relaxes, your relationships become more balanced, and you avoid the burnout that comes from overextending yourself.

Reflection:

Who fills your cup? _____

Who drains it? _____



Build Strong Social Connections



Action Steps:

One person to reconnect with: _____

One boundary to set: _____

One community or group to explore: _____

Interest-Based Groups

- Book clubs
- Gardening groups
- Cooking or baking circles
- Crafting & DIY groups
- Photography clubs
- Board game or card game nights
- Film or documentary clubs
- Language-learning meetups

Wellness, Movement & Mind–Body Groups

- Yoga, Pilates classes
- Meditation circles or mindfulness groups
- Walking or hiking groups
- Running clubs
- Dance classes
- Group fitness program
- Breathwork or sound bath groups
- Holistic wellness circles

Nature, Animals & Outdoor Groups

- Trail riding groups or equestrian clubs
- Dog walking meetups
- Birdwatching groups
- Camping or canoeing clubs
- Nature conservation or cleanup groups
- Foraging groups
- Stargazing or astronomy meetups

Creative & Skill-Building Communities

- Art classes
- Writing groups
- Music groups
- Theatre or improv groups
- Public speaking clubs
- Tech or maker groups

Service, Purpose & Community Contribution

- Volunteer groups
- Environmental organizations
- Community garden committees
- Mentorship programs
- Local service clubs

Local Community & Social Clubs

- Neighbourhood associations
- Community centre classes
- Library programs
- Moms'/parents' groups
- Newcomer welcome groups
- Coffee meetups

Hobby & Niche Interest Groups

- Car or motorcycle clubs
- Chess or strategy groups
- Fantasy/sci-fi meetups
- Home renovation or DIY circles
- Sustainable living groups



7

Stay Hydrated

Why It Matters:

Hydration supports digestion, energy, skin health, and cognitive function.

4 Simple Ways to Start Making a Change:

- **Keep a water bottle nearby** - Make it a fun experience. Choose a pretty bottle! There are also bottles that have measurements where you can visually see how much you have drank.
- **Add fruit or herbs for flavor.** (See ideas on worksheet)
- **Drink a glass of water before meals** - Hydration helps your stomach produce the fluids it needs to break down food smoothly. A little water beforehand “primes” the digestive system so your body can do its job with ease.
- **Sip Consistently, Not Just When You're Thirsty.** Your thirst signal is actually a lat indicator. Keeping a water bottle nearby and taking small sips throughout the day helps your body stay balanced and energized.

Reflection:

Right now, how many ounces of water do you drink daily? _____

What is your actual Daily water need? _____

To estimate daily water needs, a common guideline is to drink half your body weight in ounces (e.g., a 150 lb person drinks 75 oz).





Stay Hydrated



Action Steps:

My hydration goal: _____

My favorite infused water idea: _____

My reminder strategy: _____

Hydration Tracker (oz per day)

MONDAY	_____
TUESDAY	_____
WEDNESDAY	_____
THURSDAY	_____
FRIDAY	_____
SATURDAY	_____
SUNDAY	_____

Things You Can Add to Water to Enhance It

Fresh citrus (lemon, lime, orange) for brightness and gentle detox support

Herbs (mint, basil, rosemary) for a calming, refreshing lift

Cucumber slices for cooling, spa-like hydration

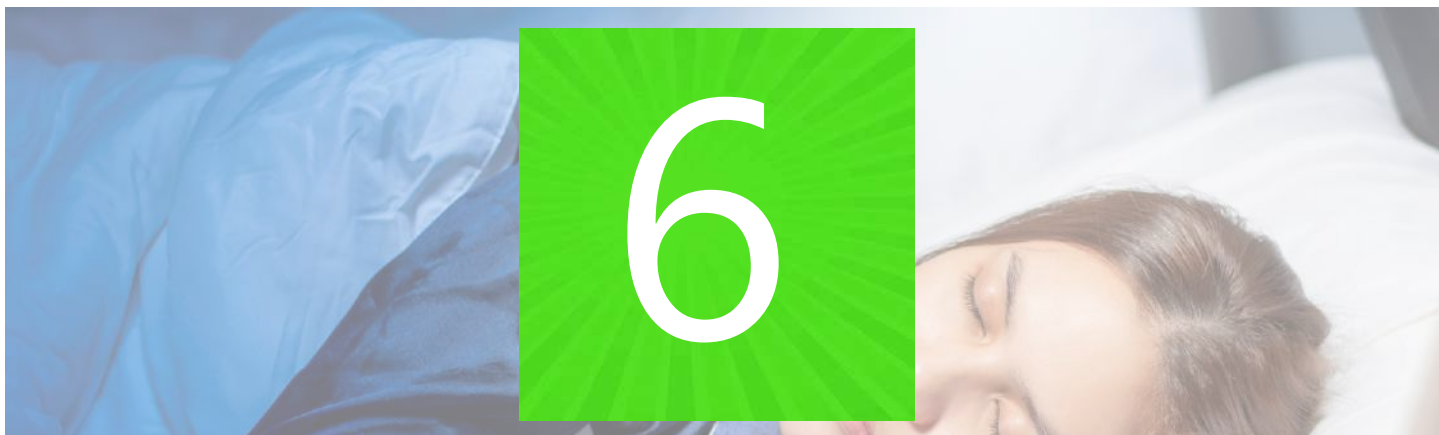
Berries (strawberries, blueberries, raspberries) for subtle sweetness and antioxidants

Ginger for warmth, digestion, and circulation

Electrolyte drops or a pinch of mineral salt to support hydration

Chia seeds for fibre and sustained energy

A splash of pure cranberry or pomegranate juice for added polyphenols



Improve Your Sleep Hygeine

Why It Matters:

Sleep is the foundation of healing. It supports hormone balance, memory, emotional regulation, and overall vitality. Sleep plays a central role in keeping your body and mind healthy, acting almost like an overnight reset system. While you rest, your brain processes memories, clears out metabolic waste, and restores the mental focus you need for decision-making and emotional balance. At the same time, your body repairs tissues, regulates hormones, and strengthens the immune system, which helps protect you from illness and supports long-term wellness. Consistently getting enough quality sleep also helps maintain healthy metabolism, stabilizes mood, and reduces the risk of chronic conditions such as heart disease and diabetes. In many ways, sleep is one of the most foundational forms of self-care—quiet, simple, and deeply restorative.

4 Simple Ways to Start Making a Change:

- Keep a consistent bedtime
- Dim lights before sleep
- Limit screens in the evening
- Try herbal tea or supplements - I love a relaxing tea at night and my sleep gummies!

Reflection:

What disrupts your sleep most often? _____

A quick guide to matching teas to sleep challenges:

- Racing thoughts — Lemon balm or passionflower.
- Body tension — Chamomile or lavender
- Stress-heavy days — Tulsi or ashwagandh
- Digestive discomfort — Peppermint or spearmin
- Need something stronger — Valerian or hops

6

Improve Your Sleep Hygiene



Action Steps:

My ideal bedtime: _____

One nighttime routine habit to add: _____

One screen habit to adjust: _____

Sleep Quality Rating: _____

How Much Sleep Do You Need?

People need progressively less sleep as they move from infancy to adulthood, but the range stays surprisingly wide across childhood and the teen years. These are the general, research-based recommendations for healthy sleep at different ages, drawn from major medical organizations including the American Academy of Sleep Medicine and Mayo Clinic.

Infants and Toddlers 4–12 months: 12–16 hours per day (including naps)

1–2 years: 11–14 hours per day (including naps)

Preschool & School-Age Children 3–5 years: 10–13 hours per day (including naps)

6–12 years: 9–12 hours per night

Teenagers 13–18 years: 8–10 hours per night

Adults 18+ years: 7 or more hours per night

Older adults still need about the same amount, though sleep may become lighter or more fragmented.

Why these ranges matter

Getting enough sleep supports attention, emotional regulation, learning, immune function, and long-term health. Consistently getting less than recommended can contribute to issues like weight gain, high blood pressure, and mood challenges.

MY PERSONAL TIP

I love listening to Sleep Music as I fall asleep. I rarely make it to the end!

You can download an app or simply add some music to your playlist.

I have a Bluetooth sleep headband as well that is pretty cool as it helps to block out some background music.

I have also tried sleep meditations and sleep stories but I find my brain waking up trying to listen to the story so music is the ticket for me,
Experiment and see what works for you!



Reduce Stress Through Intentional Practices

Why It Matters:

Chronic stress affects every system in the body. I know a lot about stress! I am 59 and 3 years ago we adopted 2 small children. Quickly I found how important it was to manage my stress!

Intentional practices help manage stress by creating small, steady moments where your mind and body shift out of “reactive mode” and into a calmer, more regulated state. When you pause on purpose—whether through mindful breathing, grounding routines, or simple awareness—you interrupt the automatic stress cycle and give your nervous system a chance to settle. Over time, these practices build resilience: you become more aware of your triggers, more capable of choosing your response, and more anchored in the present instead of being pulled by overwhelm. They don’t remove stress, but they make it far easier to navigate with clarity, steadiness, and self-compassion.

4 Simple Ways to Start Making a Change:

- Take nature walks
 - Practice breathwork (including 4-7-8) This can be found on my Health Bites blog
 - Meditate daily
- Make time for the things that bring you joy!

Reflection:

What are your top three stress triggers?

1. _____
2. _____
3. _____

"Our greatest weapon against stress is our ability to choose one thought over another." — William James

5

Reduce Stress Through Intentional Practices



Action Steps:

- One breathwork practice to use: _____
- One thing I love I can make time for each day: _____
- One type of meditation I will try: _____

Breathing Methods to Try

Diaphragmatic breathing
 Extended exhale breathing
 Box breathing
 Coherent breathing
 4-7-8 breathing (see my blog)
 Alternate nostril breathing
 Ocean breath
 Breath counting
 Kapalabhati (Skull Shining Breath)
 Bhastrika (Bellows Breath)
 Lion's breath
 Mindful breathing
 Three-part breath (Dirga Pranayama)
 Sighing breath

Different Types of Meditation to Try

Mindfulness Meditation
 Body Scan Meditation
 Attention Meditation
 Mantra Meditation
 Loving-Kindness (Metta) Meditation
 Spiritual Meditation
 Walking Meditation
 Yoga or Qigong Meditation
 Movement Meditation
 Chakra Meditation
 Sound Meditation
 Progressive Relaxation
 Visualization Meditation
 Guided Meditation (a short guided meditation
 can be found on my Health Bites Blog)

Daily Stress Level Check-In (1-10)

Keep track of your Stress Level for 1 week. Rate it on a scale of 1 (mild) to 10 (extreme). Add notes to what could have been affecting your stress in a positive or negative way

Stress Level

NOTES

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____



4

Prioritize Daily Movement

Why It Matters:

Movement boosts cardiovascular health, strengthens muscles, improves mood, and supports longevity. I am so lucky I live on a farm and movement is not an option! Mucking stalls, feeding chickens and doing a ton of other farm work keeps me active!

4 Simple Ways to Start Making a Change:

- Walk after meals
- Stretch before bed
- Try yoga, dancing, or light strength training
- Chair Yoga or Fitness are an amazing indoor way to get movement

Reflection:

How does your body feel when you move regularly? _____

How does it feel when you don't? _____

DID YOU KNOW

Walking after a meal gives your body a gentle boost that supports digestion, steadier blood sugar, and overall comfort. Even a short 10-minute stroll helps your stomach and intestines move food along more smoothly, reduces that heavy or bloated feeling, and can lessen post-meal blood sugar spikes by helping your muscles use glucose more efficiently. It's a simple habit with outsized benefits for energy, heart health, and metabolic balance.

4

Prioritize Daily Movement



Action Steps:

- My daily movement goal: _____
- One joyful movement practice: _____
- One strength-building habit: _____

Movement That Feels Like Play

One-song dance break in the kitchen or office

Mini rebounder/bounce session if you have one

Hula hooping for a few minutes.

Play catch with your dog

Play tag with your kids, grandkids, neighbours kids

A few helpful Strength Building Principles

Consistency beats intensity — 10 minutes daily builds more strength than one long weekly session.

Progression matters — Add reps, slow the tempo, or increase load gradually.

Balance upper, lower, and core — Keeps joints happy and prevents overuse.

Listen to your body — Strength training should feel challenging but not painful.

Movement Log for the next week

Minutes

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Type of Movement



Nourish Your Body with Whole Foods

Why It Matters

Whole foods fuel your body with the nutrients it needs to thrive. Whole foods matter because they give your body nutrients in their most natural, usable form, offering a balance of vitamins, minerals, fibre, and antioxidants that processed foods simply can't match. They help steady energy, support digestion, and reduce inflammation by avoiding the additives, excess sugars, and refined oils that strain the body over time. Choosing whole, close-to-nature foods also strengthens your connection to how you nourish yourself, making healthy eating feel simpler, more intuitive, and more sustainable.

How to Start

- Add one extra serving of vegetables
- Swap sugary snacks for fruit or nuts
- Choose whole grains
- Focus on colorful, nutrient-dense foods

There is a free whole food meal planner on my website Under FREEBIES

Reflection:

What foods make you feel energized?

What foods make you feel tired and sleepy?

Top 40 Whole Foods for Health

Vegetables	Fruits	Whole Grains	Nuts, Seeds & Fats	Legumes & Proteins
Spinach	Blueberries	Oats	Almonds	Lentils
Kale	Strawberries	Quinoa	Walnuts	Chickpeas
Broccoli	Apples	Brown rice	Chia seeds	Black beans
Cauliflower	Oranges	Barley	Flaxseeds	Kidney beans
Carrots	Bananas	Millet	Pumpkin seeds	
Sweet potatoes	Avocados	Buckwheat	Sunflower seeds	
Red cabbage	Grapes	Wheat berries	Hemp hearts	
Beets	Kiwi	Farro	Extra-virgin olive oil	
Brussels sprouts	Pomegranate			
Bell peppers	Lemons			

3

Nourish Your Body with Whole Foods



Action Steps:

- One whole-food swap: _____
- One colorful food to add: _____
- One meal to upgrade: _____

Food Swaps

- White rice - Brown rice, quinoa, farro, barley, wild rice
- White pasta - Whole-grain pasta, chickpea pasta, lentil pasta
- White bread - Sprouted grain bread or whole-grain sourdough
- Flour tortillas - Whole-grain, cassava, or almond-flour tortillas
- Potato chips - Air-popped popcorn or roasted chickpeas
- Mashed potatoes - Mashed cauliflower or half-cauliflower/half-potato
- French fries - Baked sweet potato wedges or roasted root veggies
- Iceberg lettuce - Romaine, spinach, arugula, or mixed greens
- Breaded chicken - Grilled, baked, or air-fried chicken
- Bacon - Smoked turkey strips or tempeh bacon
- Sausage - Chicken sausage or bean-based patties
- Sour cream - Greek yogurt
- Heavy cream - Coconut milk or cream or cashew cream
- Ice cream - Frozen banana “nice cream” or coconut-milk ice cream
- Butter - Avocado or olive oil (for spreading/cooking)
- White flour - Whole-wheat, oat, almond, or spelt flour
- Sugar - Maple syrup, honey, mashed banana, or dates
- Vegetable oil - Olive oil, avocado oil, or coconut oil
- Candy - Dark chocolate (70%+) or dried fruit
- Granola bars - Nuts, seeds, or homemade oat bars
- Sugary cereal - Oats, muesli, or chia pudding
- Soda- Sparkling water with lemon or berries
- Fruit juice - Whole fruit or infused water
- Creamy coffee drinks - Coffee with oat milk or almond milk
- Store-bought dressings - Olive oil + lemon or homemade vinaigrettes
- Salt-heavy sauces - Coconut aminos or reduced-sodium tamari
- Ketchup - Salsa or homemade ketchup Less sugar, more flavour
(I make my own ketchup - see recipe on my Health Bites Blog)



Support Your Mental Health with Mindfulness

Why It Matters

We have covered meditation and other spiritual practices in this self-Check but Mindfulness needs it's own spotlight! Mindfulness at the least reduces stress, improves emotional regulation, and enhances overall well-being. Mindfulness is the skill of paying attention to the present moment—your thoughts, feelings, body sensations, and environment—without judgment. It teaches you to notice what's happening inside and around you with curiosity and kindness rather than reacting automatically. This can be done through meditation, but also through everyday activities like walking, eating, or interacting with others.

How to Start

- Take 3 slow breaths in the morning
- Practice the 4-7-8 breath ([found on my Health Bites blog](#))
- Journal for a few minutes ([See Freebies on my website for a FREE Mindfulness Journal](#))
- Try mindful eating

Reflection:

What moments of your day feel the most chaotic? _____

What moments are the most peaceful? _____

Body check-in

Pause a few times a day to notice sensations: tension, warmth, fatigue, grounding.
This builds awareness of your body's needs before stress accumulates.

2

Support Your Mental Health with Mindfulness



Action Steps:

·One mindfulness practice to try: _____

One journaling prompt: _____

·One meal you can commit to using Mindful Eating: _____

What is Mindful Eating?

Mindful eating means slowing down enough to truly notice your food—its flavours, textures, and how it makes your body feel—while eating without distractions. You pause between bites, check in with your hunger and fullness cues, and choose foods that feel nourishing rather than automatic. Over time, this gentle awareness helps you enjoy meals more and naturally shift toward choices that support your well-being.

Mindfulness Minutes Log

# of Minutes	When
Monday _____	_____
Tuesday _____	_____
Wednesday _____	_____
Thursday _____	_____
Friday _____	_____
Saturday _____	_____
Sunday _____	_____

Everyday Mindfulness (Practical & Accessible)

Mindful Chores — Bringing full attention to washing dishes, folding laundry, or sweeping

Mindful Transitions — Taking a breath when shifting between tasks or role

Digital Mindfulness — Pausing before opening apps or responding to notification

Gratitude Moments — Noticing small joys or comforts throughout the day.

Foundational Mindfulness Practices

Breath Awareness — Focusing on the natural rhythm of the breath to anchor the mind and calm the nervous system.

Body Scan — Moving attention slowly through the body to notice sensations, tension, and areas needing care.

Mindful Sitting — Sitting quietly and observing thoughts, sounds, and sensations without judgment.

Loving-Kindness (Metta) — Sending warm, compassionate wishes to yourself and others.



Cultivate a Positive Growth Oriented Mindset

Why It Matters

Your mindset shapes your habits, resilience, and overall sense of well-being. A positive, growth-oriented mindset matters because it shapes how you interpret challenges, setbacks, and opportunities. When you believe you can learn, adapt, and expand your abilities, you're more willing to take action, try new approaches, and stay resilient when things get hard. This mindset fuels motivation, strengthens emotional well-being, and opens the door to continuous improvement. It shifts your focus from "Can I do this?" to "How can I grow through this?", which ultimately creates more confidence, creativity, and long-term success.

How to Start

- Celebrate small wins
- Reframe setbacks
- Practice gratitude
- Speak to yourself with compassion

Reflection:

What limiting belief are you ready to release? _____

What recent win can you celebrate? _____

Speaking to yourself with compassion means meeting your inner world with the same warmth and patience you'd offer someone you love. Here are some simple examples:

Validating your feelings — "This is hard, and it makes sense that I feel this way.

"Replacing criticism with support — "I made a mistake, but I'm learning.

"Speaking to yourself like a friend — "I deserve patience and understanding right now

."Normalizing imperfection — "Everyone struggles sometimes; I'm not alone."



Cultivate a Positive Growth Oriented Mindset



Action Steps:

- One affirmation to repeat: _____
- One gratitude practice: _____
- One mindset shift to explore: _____

Morning Affirmations

- Today, I choose growth, clarity, and gentle forward momentum.
- I welcome new possibilities with an open and grounded heart
- I grow in small, meaningful ways every day.
- I trust myself to take the next right step.
- I release what no longer supports my expansion.
- I honour my energy, my pace, and my becoming.

Evening Reflection

Ask yourself: What surprised me today? What supported me? What did I handle well?

Gratitude Practice Ideas

- Three Moments Method — Name three things you're grateful for right now, focusing on small, sensory details.
- Gratitude Pause — Stop once a day, place a hand on your heart, and take one slow breath while acknowledging something that's going well.
- Gratitude in Motion — While walking, identify five things you appreciate in your surroundings: colours, textures, sounds, or signs of nature.
- Gratitude Journal — Write 3–5 things you're grateful for, but add why each one matters.
- Family Gratitude Ritual — At dinner or bedtime, each person shares one thing they appreciated about the day or about each other.

Gratitude works best when it's felt, not forced. You don't need to be grateful for everything—just open to noticing what's already supporting you. Even on hard days, one small moment of appreciation can shift your nervous system toward calm and connection.

CONCLUSION

Your health journey is a lifelong practice.

Start small, stay consistent, and trust that every step you take creates meaningful change.

You don't need perfection — you need intention.

So...What's Next?

Your next step toward a calmer, healthier, more energized life is **the Improve Your Health Journey!**

You've completed the **Top 10 Countdown Course** — you've taken meaningful steps, created new habits, and felt what it's like to put your health first. Now it's time to keep that momentum going.

The Improve Your Health Journey is your private members-only wellness club designed to help you deepen your progress, stay consistent, and continue transforming your health one gentle step at a time. This is where your real journey begins.

Most people finish a course feeling inspired... but without ongoing support, life gets busy, habits slip, and old patterns return.

This membership gives you Structure, Accountability, Encouragement and a clear path forward so you can continue building the healthy, grounded lifestyle you've started — without overwhelm, pressure, or perfectionism.

What's included in your membership

Access to Members Area (on Skool)

Your private portal includes:

- Extended lessons for each Top 10 Holistic Wellness Countdown Topics
- Printable checklists, trackers, and reflection pages
- A growing library of recipes and tips
- Early access to new wellness tools and resources

This is your personal wellness vault — always expanding, always available.

Only \$25 per month

– or \$249/year

*Imagine what you can
accomplish with just
simple, bite sized
changes one at a time!*

Weekly Coaching Emails

Each week you'll receive a supportive message from Sherry Lynn to encourage and support you to help keep you moving forward without adding stress with more tips and resources.

If you Loved the Top 10 Countdown Course and want to keep going and continue your transformation, this is your next step.

Your health is worth investing in — and this membership makes it simple, sustainable, and deeply supportive.

Your wellness journey doesn't end with the Top 10 Countdown — it evolves. Let's keep building the habits, confidence, and clarity that help you feel your best.

Become a member today and take your next step toward a healthier, more grounded you.

Sherry Lynn

www.improveyourhealthtoday.ca/the-journey