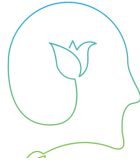


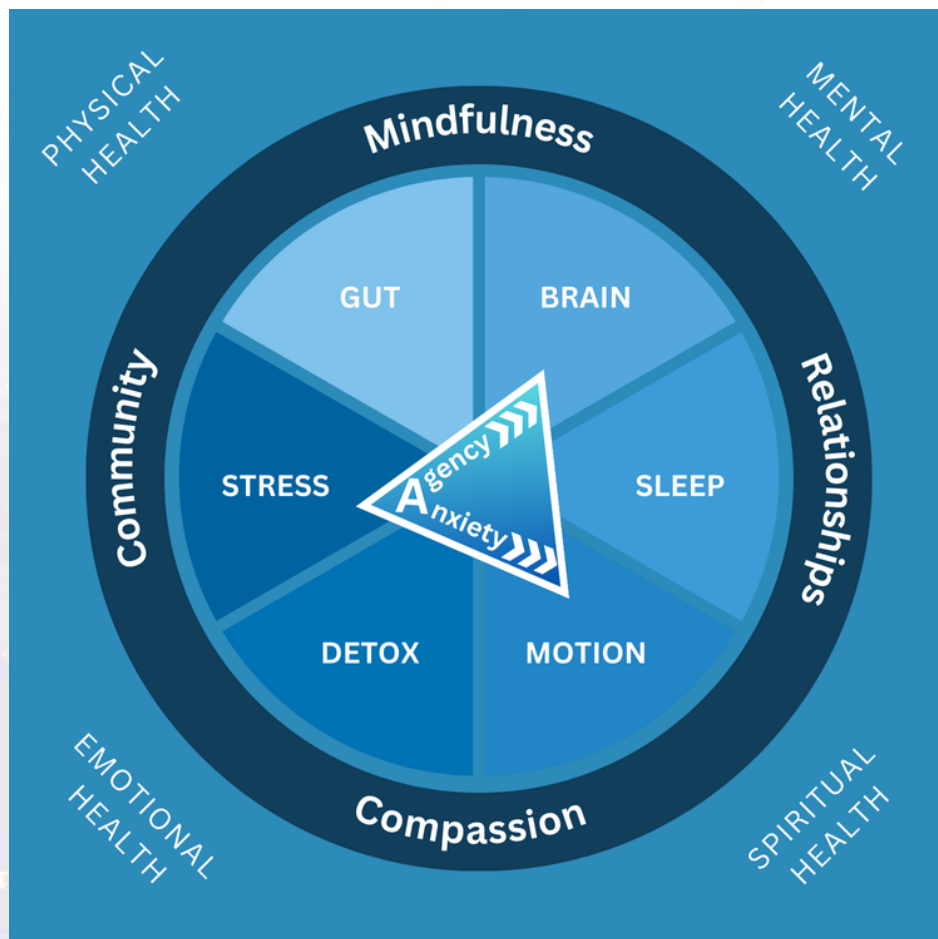
Pillars of Well-Being

Thrive in Midlife



awaken
WELLNESS WITH JEANNETTE

PREPARE FOR AND MASTER MENOPAUSE WITH CONFIDENCE AND CLARITY



BY AWAKEN WELLNESS WITH JEANNETTE



	Always	Often	Rarely	Never
Eating <i>smart</i> - I prioritize nutrient-dense foods, particularly rich in nutrients that work in my favor: vitamins, minerals, fiber, complex carbohydrates, lean protein, and healthy fats.				
<i>Plants</i> are medicine: high in vitamins, minerals, <i>phytonutrients</i> , <i>fiber</i> (estrogen balancing skills) - 14 grams of fiber per 1000 calories in a day				
I've upped my protein intake (lean animal protein and/or plant protein - legumes, soy products, nuts, seeds, quinoa, wild rice, nutritional yeast) to counteract muscle loss (estrogen drop)				
Eating the Rainbow of colorful fruits and veggies at every meal, esp. <i>leafy greens</i> , <i>cruciferous vegetables</i> , <i>low-mod glycemic veg like onion</i> , <i>beets</i> , <i>pumpkin</i> , <i>carrots</i> , <i>citrus fruit</i> , <i>berries</i>				
Whole Grains, Starches & Legumes: <i>brown rice</i> , <i>wheat berries</i> , <i>steel-cut oats</i> , <i>sweet potatoes</i> , <i>lentils</i> , <i>beans</i> , <i>GF: quinoa</i> , <i>wild rice</i> , <i>amaranth</i> , <i>buckwheat</i> - <i>as little processed as possible</i>				
Natural Sweeteners and treats in moderation: <i>raw honey</i> , <i>date syrup</i> , <i>maple syrup</i> , <i>stevia</i> , <i>coconut sugar</i> , <i>dark chocolate (=80%+ cacao)</i>				
I stay hydrated with water or non-sugary drinks, limit caffeine and alcohol.				
I eat a protein-forward breakfast within an hour of waking to prevent insulin and cortisol spike				

Notes

HEALTHY EATING PLATE



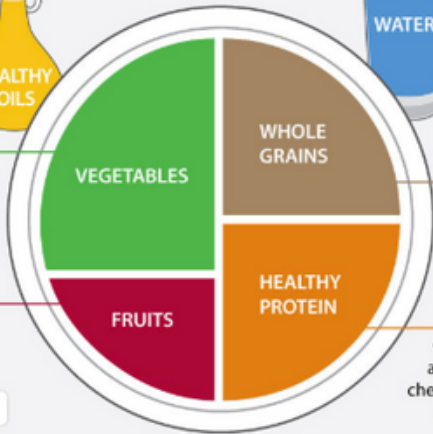
HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.

STAY ACTIVE!

Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publishing
www.health.harvard.edu



BRAIN



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	Always	Often	Rarely	Never
I respond to moments of "brain fog" or forgetfulness; I don't get frustrated - I remind myself that this is a temporary and normal part of the brain remodel.				
I resist the urge to multitask and instead give my full attention to one activity, like a conversation or a project, reducing overwhelm and improving accuracy.				
I have meaningful conversations with a friend or family member daily, helping me stimulate the brain and ward off feelings of isolation.				
I avoid screens and light before bed, sticking to a consistent sleep schedule - allowing the brain's cleaning and consolidation processes.				
I include brain-boosting nutrients in every meal - foods rich in omega-3s (like salmon or walnuts), antioxidants (colorful fruits and vegetables), and B vitamins (eggs, leafy greens). I stay hydrated with enough water.				
I move my body daily to get blood flowing to the brain - aerobic and resistance training even a short walk counts.				
I manage stress intentionally daily - practicing mindfulness, taking deep breaths, doing yoga, or spending time in nature - to regulate cortisol, emotions, and integrate memory.				
I build new neural connections by engaging the brain daily in learning something new, working on a puzzle, or taking a different route home.				

SLEEP



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	Always	Often	Rarely	Never
My bedtime is the same every day (including weekends).				
My last meal of the day is at least 3 hours before bedtime.				
I know how many hours of sleep I need to feel refreshed.				
My bedroom is dark, cool, calming and inviting.				
Digital devices are stored outside of my bedroom and I stop using screens at least 1.5 hours before bedtime.				
I use transition rituals such as gratitude practice, three good things, a relaxing bath, meditation, breathing technique or other self-care ritual to ground me before bed.				
Within 30 minutes of waking, I see natural light for about 5-10 minutes - resetting the circadian rhythm (stop melatonin, initiate cortisol)				
I drink no more than 2 cups of coffee in a day and not after 12 noon (half-life of coffee).				

STRESS



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	Always	Often	Rarely	Never
I take short breaks to breathe deeply into my heart and reset - few minutes of mindfulness can calm the nervous system and regulate cortisol (heart-brain coherence).				
I move daily in ways that feel good and reduce tension - with regular, enjoyable exercise, like a walk, dancing, or yoga, I boost my mood and relieve stress.				
I fuel with nutrient-dense foods and enough water - nourishing nutrition (physical, mental, and digital), and staying hydrated, support my energy levels and help stabilize mood.				
I connect daily with someone supportive—friend, family, or group—to ease stress and feel less isolated.				
I make time for creative or engaging activities that bring me joy. Hobbies, such as gardening, journaling, or reading, serve as a positive distraction from stressors.				
I set healthy boundaries. Learning to say no to extra responsibilities or social obligations when feeling overwhelmed is an essential act of self-care.				
I acknowledge 3 good things about my day - shifting focus from challenges to accomplishments or moments of gratitude helps me build a more resilient mindset.				
I follow a transition ritual and relaxing bedtime routine to prepare for restful sleep.				



	Always	Often	Rarely	Never
I choose movement that I genuinely enjoy and that feels good in my body, rather than something that feels like a chore, about 5 days a week - walking, yoga, Pilates, Melt Method, swimming, dancing, biking				
I honor my body's energy levels, choosing an intensity that is right for me, whether that means a run, brisk walk, a Melt class, or a gentle stretch.				
I make time for recovery, knowing that rest and repair are as important as movement - leisurely walks outside, Vitality soundbath, tai chi.				
I challenge my body gently to build or maintain strength (muscle + bone), such as carrying groceries or doing resistance+ strength exercise.				
I include non-impact or balance-based movement to support my core and reduce the risk of falls - heel-to-toe walking, single leg stand, Tree pose, sit-to-stand no hands.				
I choose movement that supports my cardiovascular health and helps manage my mood and stress levels (brisk walking, running, swimming, cross-country skiing, snowshoeing)				
When assessing my movement, I do so with kindness and grace, knowing that some days will look different from others.				
I choose consistency over intensity by finding a small, achievable amount of movement that I could maintain for the long term.				

DETOX



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	Always	Often	Rarely	Never
I drink a large glass of warm water with lemon every morning (alternatives: flavored water, herbal tea, celery or cucumber juice, coconut water).				
I include intentional detox practices in my bathroom routine, e.g. tongue scraping, dry skin brushing, contrast showers, or salt baths.				
I eat foods rich in antioxidants, whole grains, and lean proteins while reducing sugar and processed foods to support the body's natural detoxification mechanisms.				
I engage in detoxification enhancing movement such as walking for 30 mins, yoga, Pilates, Melt class, Rebounding, Deep Breathing, sauna/sweating.				
I stay hydrated by drinking when I am thirsty or [weight lbs/2] in oz of water or non-sugary drinks.				
I limit toxin exposure by choosing 'clean' beauty and body products, household cleaners, cookware, and eliminate use of plastic.				
I make time for digital detox by disabling notifications, limiting screen time, uninstalling apps, and engaging in offline hobbies.				
I prioritize time with supportive family, friends, groups, pets, and nature.				

MINDFULNESS



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	Always	Often	Rarely	Never
Senses as pathways. I pay attention to the things I am doing, whether that be brushing my teeth, listening to a podcast, or writing a project proposal. I'm flying my plane, not the autopilot.				
I am conscious of experiencing emotions, knowing I have a choice to respond rather than react.				
When I walk quickly to get where I'm going, I pay attention to what I experience/notice along the way.				
I notice feelings of physical tension or discomfort before they really grab my attention.				
I practice informal mindfulness such as brushing teeth with non-dominant hand, turning up my conscious mind.				
I balance focus on the goal with staying in touch with what I'm doing right now to get there.				
I eat mindfully, intending to nourish my whole self. I do not snack without being aware that I'm eating.				
I engage in formal mindfulness practice such as meditating, journaling (gratitude, 3 good things), mindful movement (body/breath/mind)				



My Reboot Plan - Visioning

Warm up

Spend 5 minutes : write down words and concepts that come to mind

Health

Career / Passion

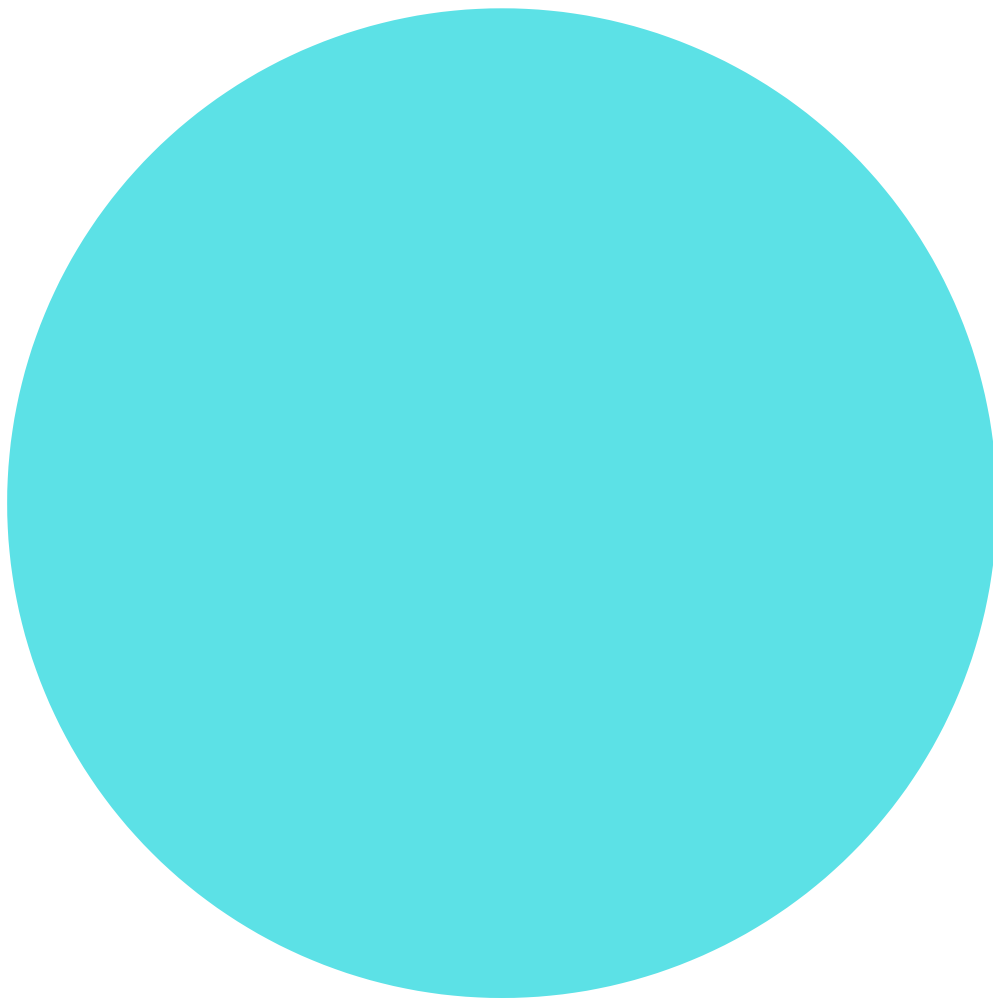
Personal



My Reboot Plan - Visioning

The Law of Attraction

Spend 5 minutes : fill in the circle with things that you want; outside the circle- write the things you don't want





Visioning

One Year & Ten Year Vision

What will your age be in ten years? _____



In One Year

In Ten Years

How do you feel?

What will you be?

How will you
contribute?

What have you
experienced?

What are your
achievements?

What do you love?



My Reboot Plan - Visioning

One Year Goals

Spend 15 minutes : write down one year goals
and action steps

Health

Career / Passion

Personal

Visualize Your Self

Close your eyes and visualize where you want to be at the end of the year. Picture yourself having embraced new insights and practices. What do you see? How do you feel? Be descriptive and really experience the feelings and emotions.

I SEE...

I HEAR...

I FEEL...

I TASTE...

I SMELL...



Visioning

One Month Goals

Spend 15 minutes : write down one month goals and action steps

Health

Career / Passion

Personal

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Close your eyes and visualize where you want to be at the end of the month. Picture yourself having embraced new insights and practices. What do you see? How do you feel? Be descriptive and really experience the feelings and emotions.

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I HEAR...

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I SMELL...

Setting Your SMART Goal

Original Goal: "I want to help people"

SPECIFIC

Clearly define what helping people means to you.

Example: "I want to volunteer at a local non-profit organization that supports underprivileged youth."

MEASUREABLE

Determine how you will measure your impact and commitment.

Example: "I will dedicate at least four hours a week to volunteering activities."

ACHIEVABLE

Ensure that your goal is realistic based on your current commitments and resources.

Example: "I will adjust my schedule to make sure I have free time for volunteering on Saturdays."

RELEVANT

Connect the goal to your overall sense of purpose and what drives you.

Example: "This goal is relevant to my desire to contribute positively to my community and use my skills in mentoring to make a difference."

TIME-BOUND

Set a specific timeframe for achieving the goal.

Example: "I want to start volunteering consistently within the next month and continue for at least six months."

Final SMART Goal:

"I will begin volunteering at a local non-profit organization that supports underprivileged youth within the next month, dedicating at least four hours each Saturday to mentoring. This aligns with my soul's purpose of positively impacting my community and utilizing my skills to help others, and I will commit to this for at least six months."

Setting Your First SMART Goal

Original Goal: _____

SPECIFIC

Clearly define what this means to you.

MEASUREABLE

Determine how you will measure your impact and commitment.

ACHIEVABLE

Ensure that your goal is realistic based on your current commitments and resources.

RELEVANT

Connect the goal to your overall sense of purpose and what drives you.

TIME-BOUND

Set a specific timeframe for achieving the goal.

Final SMART Goal:

Setting Your Second SMART Goal

Original Goal: _____

SPECIFIC

Clearly define what this means to you.

MEASUREABLE

Determine how you will measure your impact and commitment.

ACHIEVABLE

Ensure that your goal is realistic based on your current commitments and resources.

RELEVANT

Connect the goal to your overall sense of purpose and what drives you.

TIME-BOUND

Set a specific timeframe for achieving the goal.

Final SMART Goal:

Setting Your Third SMART Goal

Original Goal: _____

SPECIFIC

Clearly define what this means to you.

MEASUREABLE

Determine how you will measure your impact and commitment.

ACHIEVABLE

Ensure that your goal is realistic based on your current commitments and resources.

RELEVANT

Connect the goal to your overall sense of purpose and what drives you.

TIME-BOUND

Set a specific timeframe for achieving the goal.

Final SMART Goal:

Construct Your Strategy For Achieving The Goals You've Set

Determine the best course of action for achieving your SMART goals. Use the following space to plan out the actions you will take. Be sure to address any possible obstacles that might come up and reflect on how you will overcome it/them. Finally, provide a small, tangible reward you'll give yourself when you achieve your goal.

<i>Goal & Action Step</i>	<i>Possible Obstacle & Overcoming It</i>

Small, Tangible Reward

Notes:

.....

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Notes:

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Notes:

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Notes:

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Small, Tangible Reward

Notes:

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Notes

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